



Education & Skills  
Funding Agency



HEALTH &  
WELLBEING

## VOLUNTEERING FOR WELLBEING WORKSHOP

### COURSE SUMMARY:

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing. During this three hour workshop, you will learn about the positive impact of volunteering on your wellbeing and why doing good does you good.

### ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



**AWARD:**  
Unaccredited

### WHAT WILL YOU DO ON THIS COURSE?

**By the end of the workshop you will be able to:**

- ✓ **Understand the** positive impact of volunteering on your wellbeing and why doing good does you good
- ✓ **Explore different** volunteering opportunities
- ✓ **Identify a next** step to take towards volunteering for wellbeing

### PROGRESSION FROM THIS COURSE:

When you have completed this workshop why not book onto the longer 10 hour Volunteering for Wellbeing course to extend your knowledge?



**REALISE  
FUTURE-S**

Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**