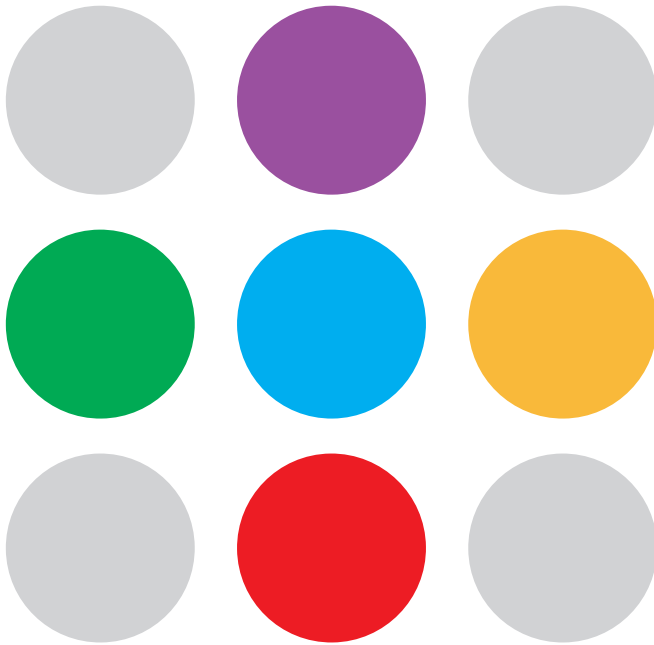


# BECOMING A **VOLUNTEER**



# COVEY

Adding Colour to **Lives**



# COMMUNITY VOLUNTEERS ENABLING YOU

## OUR VISION

Children, young people and families receive the consistent, reliable, individual support to be able to deal positively with their life challenges.

## OUR MISSION

We support children, young people and families on their life journey, bringing colour to their lives, while enabling them through strong relationships, to become more resilient and self aware; better equipped to reach their full potential.

## OUR VALUES

Commitment	giving of our best
Openness	communicating authentically and truthfully
Respect	valuing the individual
Innovation	providing creative solutions!
Passion	caring deeply



# VOLUNTEERING WITH COVEY WHAT'S INVOLVED?

Generally volunteers spend quality time with a young person or a family member on a weekly basis. The important element in a COVEY relationship is having fun. Outings can involve a variety of activities ranging from going bowling, cinema trips and swimming to walks in the park and eating out, and helping an adult to access services in their community.

COVEY volunteers share one thing in common; a genuine interest in people and a willingness to spend time and listen to them.

## COVEY VOLUNTEERS

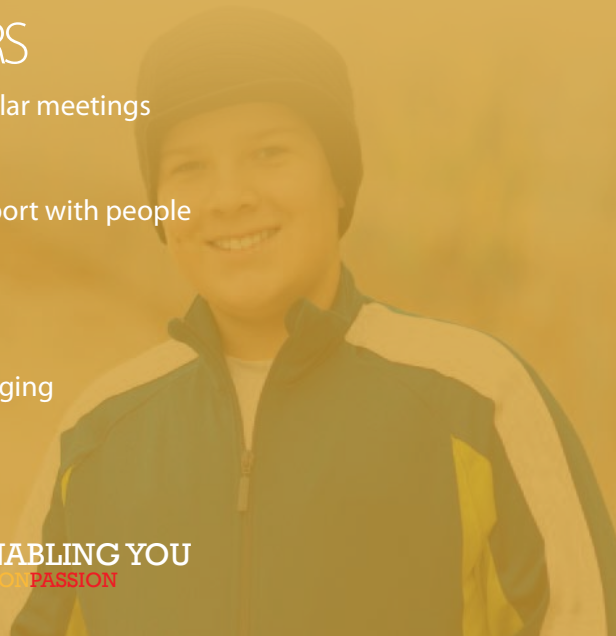
- Have time available for regular meetings
- Are reliable and organised
- Have a sense of fun
- Have an ability to build rapport with people
- Treat people with respect
- Are flexible
- Have elastic patience
- Are non-judgemental
- Are supportive and encouraging

# POSITIVE RELATIONSHIPS THROUGH MENTORING AND BEFRIENDING

Through building a positive relationship, volunteers offer friendship and non-judgemental support which can have a real benefit for a young person and their family.

Young people and families face numerous challenges in life, ranging from isolation, bereavement, violence and the breakup of relationships. We have found that strong connections can make a real and positive difference to hearts and minds, adding much needed colour, courage and character to their ongoing lives.

A volunteer can often act as the door to a new set of values and enhanced self-confidence, providing a sound platform for growth into young independent adulthood for a young person and increased confidence for a parent.





# YOUNG PEOPLE

Most young people are referred to COVEY by a social worker, teacher or other agency.

There are many reasons why young people are referred to COVEY. They may be experiencing problems at home or in their community, or may be subject to neglect or abuse. They may have a parent who has an addiction or mental health problem. Other young people have additional needs such as a learning difficulty and as a result are very isolated.

# FAMILIES

Some of the families benefit from having an adult to listen to them. They typically have not had many life chances, are living in poverty or have been adversely affected themselves by difficult circumstances. As a result they lack self-confidence in their role as a parent which in turn can impact on the family as a whole.

*"My time with COVEY has made a difference as I'm now getting on with my brother"*

*"When I'm with Jill I can just talk about stuff – I like that"*

*"It's only being with COVEY that's stopped me going off the rails more than I do"*

*"Befriending makes me calmer"*

# THE OUTCOMES

Being involved with COVEY has a positive impact on peoples' lives:

## Young people

- Grow in self esteem
- Develop confidence
- Develop interests and new skills

## Parents/Carers

- Gain confidence in their role
- Have increased aspirations
- Tackle challenges in a positive way





# WHO VOLUNTEERS?

Our volunteers come from a wide variety of backgrounds and anyone can apply to volunteer with COVEY irrespective of age, background or experience.

People volunteer for a variety of reasons and some have used the skills and experience gained with COVEY to change career. Others feel they want to use the skills they already have or maybe put something back into the community.

Whether you want to gain work experience, explore working in a new field ahead of a career change or give something back to your community and make a difference in the life of a young person or a family, volunteering with COVEY can give you real experience and satisfaction.

Whatever your motivation COVEY will provide you with varied opportunities, full training, rich experiences and lots of fun.

*"As the weeks went by John picked up to say 'thank you', hold doors open and generally be more aware of others around him"*

*"It was humbling being that 'something constant' to look forward to when everything else for Samantha was in turmoil"*

*"I have enjoyed befriending tremendously"*

*"I really enjoyed the training; all the activities evoked good and valuable discussions."*

*"Befriending has excelled my expectations"*



*“An amazing experience!”*

Topics for training include:

- Your role
- Young people and families under stress
- Boundaries in a relationship
- Preparation for a successful pairing
- Dealing with challenges
- Building a relationship

## BECOMING A COVEY VOLUNTEER

Volunteering can be challenging and very rewarding.

To ensure that volunteers are suited to this type of demanding voluntary work there is an assessment process involving a home visit, an interview and training. Other checks are made and participation in the training course helps volunteers to understand their roles and responsibilities.

Training consists of seven two-hour sessions. This is interactive and participative and volunteers find it really worthwhile and enjoyable. Additional training is given for befriending in schools, groups, for young people with additional needs, goal-setting in mentoring and parent support.

Expenses for travel and activities are provided. Access to your own transport is desirable but not essential.



# HOW YOU WILL BENEFIT

As a volunteer you can be involved in many different opportunities: befriending and mentoring either in a group or one to one, fund raising, marketing and administration. There are also great opportunities for young volunteers aged between 16 and 18.

As a volunteer with COVEY you will;

- **Develop listening and communication skills**
- **Build on problem-solving skills and innovation**
- **Grow in your ability to work with an individual to support them to achieve their potential**
- **Cultivate excellent planning and organising skills**
- **Be able to apply your knowledge and life experience**
- **Gain knowledge and experience in team working**
- **Build confidence, knowledge and self-esteem**
- **Develop the ability to work independently**
- **Develop vital skills for further education and employment**
- **Achieve a reference after 6 months working with COVEY**
- **Have access to student placements opportunities for your college or university course**
- **Gain transferable skills and training for onward progression**

*Whether you are a young volunteer or over 18, the experience of volunteering with COVEY will give you a wide range of skills and experiences and **most of all a sense of fulfilment and fun!***

# OPPORTUNITIES TO BE INVOLVED

## ONE TO ONE

One to one befriending/mentoring relationships give weekly support to a young person.

## GROUPS

Group befriending helps young people build confidence, values and resilience in a supportive setting.

## ANGELS

Additional Needs Gaining Experience for Life Skills is a great fun experience and takes the form of group or paired befriending opportunities.

## PATHWAYS TO CONFIDENCE

Pathways to Confidence aims to build supportive relationships with families, helping them build on the strengths that they have identified.

# COVEY'S YOUNG VOLUNTEERS

FOR 16-18 YEAR OLDS

Join COVEY's young volunteer team, and you will become part of a fun and lively group with regular group socials and various opportunities to be involved in your local community, fund-raising and peer support. We are able to provide volunteering towards Duke of Edinburgh and Saltire Awards.

*Do you  
have a heart  
for it?*







## **CONTACT DETAILS**

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Community Volunteers Enabling You  
Registered Charity No. SC020754

**[www.coveybefriending.org.uk](http://www.coveybefriending.org.uk)**