



Improving the quality of life in our community by helping people to help themselves

WELLBEING PROJECT VOLUNTEERS

Background

The Ripple is a community organisation started by local people. It works alongside its dedicated volunteers to provide a wide range of well-used services in our community of Restalrig, Lochend & Craigentiny. The aim of the project is to improve the lives of local people of all ages, by helping people to help themselves

The Wellbeing Project

This 6 week group work course is designed to support people who are experiencing low levels of wellbeing. The group provides education and information on a range of topics, and the chance to explore the many ways participants can make changes to support their own wellbeing.

What does a Wellbeing Project volunteer look like?

There are 2 ways that you can volunteer on the project

Co-facilitator

- You will ideally have completed the wellbeing course yourself
- Or you will have a good understanding of the issues faced by people who are experiencing low levels of wellbeing
- You are reliable, caring and enthusiastic.
- You can commit to around 3 hours work between 10.30 and 1.30 on a Friday for 6 weeks

Treatment Provider

- You will have a qualification in a holistic therapy or treatment such as Reiki, massage, KCR, mindfulness/meditation, reflexology, aromatherapy, Craniosacral therapy, Alexander technique etc

Protection of Vulnerable Groups

The Ripple will ask individuals to whom we are offering volunteering opportunities that fulfil 'regulated work' with children and/or protected adults to become PVG Scheme members.



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What will you do as co-facilitator?

- Help to set up the room
- Welcome participants with tea/coffee
- Contribute to the content of the group with the support of the project coordinator
- Help to serve the lunches
- Tidy up once group is over
- Contribute to a debrief with the coordinator after group as required

What will you do as treatment provider

- You will commit to providing a treatment for 6 group participants which will amount to around 4 hours work every 8 weeks, which can be flexibly worked
- This will happen on a Friday at The Ripple, and the date will be agreed by between the volunteer and the coordinator

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