



Department for Education



VOLUNTEERING FOR WELLBEING (10HR COURSE)

COURSE SUMMARY:

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing. Volunteering improves your confidence and supports you in identifying your next steps in life.

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?

- ✓ **Explain the benefits** of volunteering on your wellbeing
- ✓ **Identify personal** barriers to volunteering
- ✓ **List the different** types of volunteering opportunities
- ✓ **Explore the type of** volunteering role which might best suit you
- ✓ **Explain the personal** benefits you could gain from volunteering
- ✓ **Identify a next** step to take towards volunteering for wellbeing

PROGRESSION FROM THIS COURSE:

- Level 2 Award in Volunteering
- A volunteering role
- Level 1 Award in Personal Wellbeing



**REALISE
FUTURE-S**
Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY