

# AVENUES...

...is a service within the volunteer Centre which supports people who have experienced mental health difficulties to engage with volunteering.

In a survey from the National Centre for Volunteering volunteers who had experience of mental ill health agreed that:

*“...volunteering had done much to improve their mental health. Specifically it had given them structure, direction and meaning to their life, widened their social networks, improved their vocational and interpersonal skills and helped them to gain access to employment, education and training.”*

IVR Research Bulletin

## Aims of the Project

- ◆ Providing people who have mental health difficulties with the appropriate support to engage in voluntary work.
- ◆ Increasing self-confidence, stamina, social skills and more.
- ◆ Encouraging people to take part in their community and regain their independence.
- ◆ Raising the positive profile of mental health issues and reducing the stigma surrounding them.

## Referral Process

Individuals meeting the criteria are usually referred to the project by agencies working with this client group.

A referral form can be obtained from Avenues or downloaded from the website [www.plymouthguild.org.uk/volunteer-centre/avenues/](http://www.plymouthguild.org.uk/volunteer-centre/avenues/)

Once a completed referral form is received, clients are invited to an informal interview in a confidential interviewing space to find out more about them and look at suitable voluntary opportunities available.

Individuals can contact Avenues direct if you feel you would benefit from the extra support.

Ask for Mark on 01752 201766

advising, **administration**,  
 advocating, aiding,  
**befriending**, blood donating,  
 book keeping, **caring**,  
**campaigning**, comforting,  
 cooking, **co-ordinating**,  
 counselling, creating,  
**decorating**, delivering,  
 demonstrating, digging,  
 driving, **enabling**,  
 encouraging, entertaining,  
**escorting**, feeding,  
 fundraising, **gardening**,  
 guiding, **helping**, instructing,  
**introducing**, jaunting,  
 justifying, knitting, **learning**,  
 making, meeting, mediating,  
**mentoring**, motivating,  
 nattering, nurturing,  
 odd jobbing, **organising**,  
 painting, **planting**, playing,  
 questioning, reading,  
 relating, **representing**,  
**sailing**, selling, shopping,  
 supporting, suggesting,  
 swimming, **sympathising**,  
 training, transporting,  
**tutoring**, typing,  
 understanding, uniting,  
 visiting, **walking**,  
**web designing**, writing,  
 xeroxing, youth working or  
**zookeeping !**

For further information contact the  
 Supported Volunteering Worker  
 at:-

The Volunteer Centre  
 Plymouth Guild  
 Ernest English House  
 Buckwell Street  
 Plymouth  
 PL1 2DA

Accredited by  Volunteering  
 England

Tel: (01752)  
 201766

E-mail: [avenues@plymouthguild.org.uk](mailto:avenues@plymouthguild.org.uk)  
[www.plymouthguild.org.uk](http://www.plymouthguild.org.uk)



**Plymouth Guild**  
 Providing Support, Advice and Volunteers



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Reg Office Ernest English House, Buckwell Street,  
 Plymouth PL1 2DA

# AVENUES

Support into  
 Volunteering  
 for Mental Health

# Plymouth Volunteer Centre



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