



**SDAMH**  
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#### INDUCTION COURSE INCLUDES:

- **Introductory Evening** (2 hours) - to 'set the scene'.
- **Day 1** (7 hrs) Mental Health Awareness; Policies; Local Services etc.
- **Day 2** (7 hrs) Listening Skills; Guest Speakers; Specific Volunteering Roles etc.

#### **REWARDS?**

- New Experiences
- New Friends
- New Skills
- Friendly Support from Staff
- Doing something worthwhile
- Further Training Opportunities
- Out of Pocket Expenses
- 'Stepping stone' onto a different direction in life
- Job References (after 6 months)

*SDAMH October 2005*

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## Do You Have the Time to Make a Difference?



## Come and Volunteer with us!



**Stirling & District Association for Mental Health** works throughout the communities of Stirling Council area providing a range of Services for people aged 14 - 65 years and their Carers, who have experienced or are having difficulties with their mental health and well-being.

Some of these Services could not operate without our Volunteers and we welcome enquiries from open-minded people, interested in committing a couple of hours of their valuable time each week to help other people get more from their lives.

How about working in the **Administration Service** - taking phone calls; welcoming people into SDAMH; taking Inventory; Desktop publishing etc?

Or, helping out in the **1-to-1 Adult Befriending Service** - supporting isolated and vulnerable people (18—65 yrs old) through 'professional companionship', to enjoy community-based activities such as sports, leisure or entertainment.

## VOLUNTEERING PATHWAY



→ **Informal meeting over a cuppa**

→ **Formal Meeting**  
(with 2 members of SDAMH Staff)

→ **Enhanced Disclosure Check & 2 References**



→ **Induction Training Programme**

### VOLUNTEERING ABOUT 2 HOURS ONCE A WEEK:

Administration  
Adult Befriending  
Drop-In & Groups  
InTouch Information  
Young Persons Befriending Service

Perhaps the **Drop-in & Groups Service** is more tempting - chatting with a small group of people over coffee, or helping to arrange and go along on outings or activities e.g. 5-a-side football, breakfast in town, picnics etc.

Computers more your thing? Then work with the **InTouch Information Service** researching mental health issues, keeping the database up-to-date and assisting in providing information for members of the public in a variety of community settings.

Or, the **Young Persons Befriending Service** which aims to help young people (14 – 18 yrs) build up their self esteem, while alleviating social isolation, through the consistent and reliable support of a Befriender. A relationship that is independent of a teenager's social network of family and peers has been shown to be beneficial when it offers the individual the opportunity to confide and talk with someone they can trust. Are you that person?

**For further information see contact details overleaf:**