

# Discovery Project Guide 2008 – 2009

Walk into somebody's life and  
change it forever...



## Welcome to Swansea....

At Discovery we think it's a great city to live in and we hope you enjoy your time here.

Unfortunately many students don't get the opportunity to see Swansea beyond the town centre, Brynmill and Mumbles. The sad reality is that many areas of Swansea are afflicted with some of the most serious levels of poverty in the UK.

Financially, physically and socially many people in Swansea are isolated or excluded from services and opportunities. For instance did you know there are children in some areas of Swansea who have never had the opportunity to go to the Seaside?

Discovery has been running for over 40 years to address some of these problems that are faced by the people we live with in Swansea. It's no small challenge. However whatever you do with Discovery we want you to know that you'll be helping to make a positive difference.

It's not every student that can say they left University and helped to transform the city they lived in into a better place!

### Student Volunteers

- Enriching the lives of disadvantaged people.
- Challenging discrimination.
- Supporting disabled people

In Swansea

Have a look through and see which project/s you'd like to get involved in. Once you've decided, turn to the back page for further information on what to do next. You may wish to consider these things when looking for a project:

- Your current skills and interests
- The commitment, time and energy needed for each project
- The type of volunteering you'd like to take part in. Do you enjoy working with lots of people or prefer getting on with things quietly?

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Registered Charity Number 256146

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>M O R N I N G</b>	Breakfast @ Zac's: 7.30-8.30am  Food co-op: 10-11.30am	Breakfast @ Zac's: 7.30-8.30am  Wise Up All day	Breakfast @ Zac's: 7.30-8.30am	Breakfast @ Zac's: 7.30-8.30am	Breakfast @ Zac's: 7.30-8.30am	Rascals (first Saturday of each month) 10.30am-2pm  Drop In:	Down To Earth (monthly)  Tea Party (bi-annual) 10am-4.30pm
<b>A F T E R N O O N</b>	Food co-op: 2-4.30pm  Mental health Project 2-4pm	Mental health project: 2-4pm	Painting and decorating project (2-5)  The Farm: 2-5pm  Mental health project: 2-4pm	Mental health project: 2-4pm	The Farm: 2-5pm  Mental health project 2-4pm	Kids Away (3 <sup>rd</sup> Saturday of every month) 9am-4pm  Sblasio (2 <sup>nd</sup> and 4 <sup>th</sup> Saturday of every month) 3-5pm	Inside Out (fortnightly) 2-4pm
<b>E V E N I N G</b>	Circus Eruption: 6-9pm	Tuesday night club: 5-8pm	Red Café: 5-8pm  Active 18: 5-8pm	Red Café: 5-8pm  Take It To The Floor: 5-8pm	English language teaching: 5-7pm  Talking Hands: 5-8pm		

All projects are on a weekly basis unless otherwise specified. This is a rough guide only. Projects may vary and can often be flexible to volunteers needs.

## Excite

*Working with young people*

### Kids Away

Kids Away runs a range of imaginative activities for children with siblings with behavioural problems, giving them a break from their often intense family lives and rewarding their positive behaviour.

Trips have included surfing and beach games, dry skiing and adventure parks. As well as being fun the activities can play an important role in their development, promoting self esteem and teaching them to enjoy positive participation in a positive safe environment.

This project runs on the 3<sup>rd</sup> Saturday of every month



### Sports Volunteers

Run in partnership with the Athletics union, this project aims to involve young people in sport outside of school hours.

By offering a wide range of sporting activities to young people which extend beyond traditional sports offered at school we try and raise knowledge and interest in the different types of sport. This project aims to increase participation level in young people through weekly sports sessions.

Volunteers will have the opportunity to gain coaching qualifications as well as health and safety, first aid, and child protection.

## Reaching Wider

Run by the Department of Adult Continuing Education (in Glyndwr Room 5), Reaching Wider offers an excellent opportunity for those considering going into teaching and in need of some experience. It involves mentoring/tutoring in comprehensive schools in the more disadvantaged areas of Swansea, Neath and Port Talbot.

Its main aim is to promote Further and Higher education. You may find yourself working one-on-one or as a teaching assistant. The children you'll be working with often feel a lack of opportunity especially surrounding education. Meeting with and learning of off University students is a really positive way to encourage them of what they are capable of.

## British Red Cross

The Red Cross is an international humanitarian charity which enables vulnerable people at home and overseas to prepare for and respond to emergencies in their own communities. This includes first response service and preparation for disaster in countries vulnerable to natural disaster.

Red Cross need volunteers to plan and run information sessions in schools and youth clubs on current topics such as HIV, immigration and crisis conflict. Developing interesting and engaging sessions to helping local children learn about global issues.

## Red cafe

Red Café is a youth drop in centre bases in Mumbles. It has a lot of resources including a Gym, music studio, games and computer suite.

Red café promotes values such as fair-trade and healthy eating. They provide information aimed at young people such as anti-bulling and promoting sexual health.

The projects provide the opportunities for the young people to have a positive space to socialise, learn skills and ask questions. Volunteers help with the running of the café including providing activities and socialising.

This project runs on Wednesday and Thursday evenings.



## Rascals

RASCALS (Refugee and Asylum Seeker Children 'Avin it Large in Swansea) This project involves running activities for refugee and asylum seeker children. Not only great for the kids, it also provides their mums with a much needed break and a chance to get together at the women's centre.

The activities are orientated around getting to know our local environment in Swansea. The project mixes educational, fun and creative activities. Volunteers who run this project also have the opportunity to meet the children twice a week at the asylum seeker drop-in centre.

Recent activities have included Ice-Skating, Scavenger Hunt in Clyne Gardens, Beach Walk and the Egypt Centre. This project runs on the first Saturday of each month from 10.30am – 2pm.

## Take It To The Floor

A project started by the University Dance Society, based in the Sandfields area of town offering dance lessons to children age 8 – 16. Various types of dance are taught each week by the volunteers with the occasional workshop from professional dance companies. Through dancing the children learn about different cultures and styles of dance from Hip Hop to Bollywood. Besides dancing the children gain self confidence through learning new skills and performance. Volunteers are needed to support children learning during the classes as well as teach classes if possible.



The year will also consist of trips to the theatre and the highlight will be the children showing off their new skills and talents in the annual dance society show in 2009.



## Tuesday Night club

This project runs in partnership with Bonymaen youth club for young people aged 8 – 14. Volunteers run a range of activities, including cooking, sports, games and arts and craft. The youth club provides a safe and positive space for children to socialise and partake in fun activities. There is also the chance to run trips out for the young people.

This trip runs every Tuesday evening.

### Sblasio

SBLASIO Swim Club.

This fantastic project promotes healthy living and the opportunity to swim and learn, which is often not available to families from ethnic minorities.

A female lifeguard watches over mums and kids as they learn to swim with the help of our volunteers. We are specifically looking for volunteers who feel confident in the water and enjoy teaching both mums and kids.

This project runs on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of every month

## Wise Up

Wise up is an organisation for families who educate their children outside the school system. The reasons for home education are varied and can include exclusion from school, children who have been bullied and those with special educational needs. The club offers a valuable space for both parents and children to come together to socialise and take part in activities.

Volunteers are needed to facilitate and take part in the workshops and activities such as arts, craft, sports, music, science, engineering etc.

Whatever your skills are there will definitely be a use for them. Wise Up takes place on Tuesday Day time in Port Talbot YMCA.

## Connexions

### Projects supporting disabled

#### Active 18

This is a brilliant and fun social project that works with adults with learning disabilities. The main objective is to provide people in the group with opportunities to enjoy simple social outings that students like us often take for granted.

Running on Wednesday evenings the projects will involve things like trips to the theatre, karaoke nights, activities on campus, games evenings or even just going for a pint together.

Although it's a lot of fun this project often has the serious side to it that all too often people with learning disabilities are excluded. Even these small social events mean that you can be a part of challenging that discrimination.

## Talking hands

Talking Hands is a youth club for deaf children and their siblings. The youth club offers support to parents and a place where young deaf individuals and their siblings can come together and have fun while making new friends and connections to the deaf community.

Talking Hands takes place every Friday from 6.30-9 pm. This is a fantastic opportunity to work with a group of young dynamic individuals while having fun and learning new skills. As the majority of the young people at the youth club are able to speak and lip read, there is no need to be able to sign. If you have got an interest in learning sign language the youth workers will be on hand to give you a little taster of what sign language is all about.

## Inside Out

Inside Out runs fortnightly activities for children with autism and their siblings. We meet every other Sunday and take the children to a range of interesting and exciting places including soft play centres, swimming and bowling.

Autism is a condition that seriously affects communication ability. As the children are often very demanding, their siblings can miss out and so this is why we organise social activities for the siblings as well. This project is hard work but is incredibly rewarding, and overall is an exciting venture with a really strong team spirit, so sign up and be part of it!

## Medix

The purpose of the project is to provide medical students with the opportunity to gain experience working with different service users in Swansea. At the moment volunteers visit Longfields Day Centre for adults with learning disabilities. Here they are able to get involved in a number of different activities, working either one-to-one or as part of a group. Activities include participating in discussion groups, helping with arts and crafts and assisting in the hydrotherapy pool/sensory room.

## Circus Eruption

Circus Eruption is an integrated and empowering youth circus for young people aged 11-19. As an integrated group, around a third of the young people in the project have been labelled as disabled. They meet and learn circus skills, play games and have fun.

The volunteers help teach skills including juggling, poi, diablo, stilts, unicycle, tightrope etc. They do additional activities through the year including performances, trips away and other special events.

Circus runs every Monday night during school terms between 7 and 9pm

**!!!!!!!!!!!!!! Circus skills are not essential!!!!!!!!!!!!!!**

# Linx

## Working with vulnerable

## Breakfast At Zac's



This project involves pairing up with another volunteer, and going to help out at a homeless people's 'tea-and-toast' drop-in advice centre on weekdays. You can go as often as you like - whether that's once a fortnight or every day, and serve tea and toast from behind a counter to the service users. But you'd better be an early-bird!! This is grass roots stuff but an essential part of Swansea's community support network.

This project runs weekdays from 7.30-8.30am

## Mental Health Volunteer Project

This project is a chance to help out at the patient's café in Cefn Coed- a local mental health hospital.

Volunteers spend time chatting and also provide activities for patients. This provides valuable interaction for people who are often isolated because of their illness.

This project runs from 2-4pm on Tuesdays, Wednesdays or Thursdays.



MENTAL HEALTH  
VOLUNTEER PROJECT

## Tai Esgyn

Tai Esgyn Housing is a charity that provides support for individuals who have mental health difficulties. Its aim is to empower individuals to become all that they thought that they could be and more. Discovery has teamed up with Tai Esgyn to provide this brand new project.

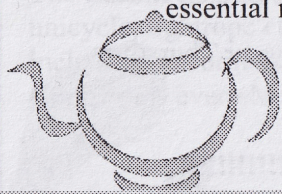
The aim is for volunteers to work with clients within the community whether it's meeting for a coffee, shopping, or just having a chat. The benefits for the clients to engage in social activities organised by this group will be huge. In addition to the benefits for the clients, volunteers will benefit from gaining experience with this client group. Volunteers will also be eligible to receive specific training from Tai Esgyn. This project is ideal for a variety of students. It would especially provide excellent experience for students wishing to pursue a career in care, support work, counselling or psychiatry, or students studying social work, psychology and sociology.

## Tea Party

Discovery's Bi-Annual Tea Party is an opportunity for students and older people to share a fun filled day together.

The party takes quite a bit of preparation and often involves bingo, dancing, music, food and of course lots of tea!

Although it's a really fun day many of the people attending will not always have the opportunity to socialise due to physical and social restraints. The Tea Party is an invaluable opportunity for them to have essential interaction with people their age and also young people.



## Wheelchair Ramblers

This project gives older wheelchair users a chance to get out of the care home and get involved in activities not usually available to them.

We are hoping to run the project twice a month. As well as trips out, volunteers are expected to spend time talking to the service users. A fundamental part of this activity is for people to have someone who will sit down and listen to them.

Activities will vary depending on weather and the interests of the service users, but currently include going on walks along the promenade, going bowling and going out for lunch.



## English language teaching

This is an opportunity to teach basic and informal English to speakers of other languages. Levels differ, some people want conversation, others want basic knowledge in order to understand the buses or shopping in the supermarket.

There is support available from professional ESOL teachers at the drop-in and there are many opportunities to use your own creativity and flair to help people feel part of the Swansea community.

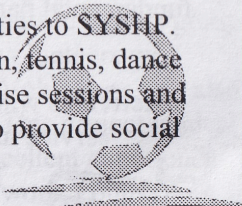
Many people who have just arrived in Swansea really struggle, this is made even more difficult if they cannot understand the language and can be a really isolating and dangerous situation for them.

The project takes place at the asylum seeker drop in centre on Fridays 5-7pm at the Brunswick church on St. Helens road

## Swansea young single homeless project

Swansea young Single Homeless project supports 16 – 21 year olds who for whatever reason find themselves homeless. They offer sheltered housing and help with the transition into adulthood; such as managing own tenancies and learning life skills from cooking to woodwork. Service users often experience problems such as unemployment and isolation.

Discovery has formed a partnership to offer regular activities to SYSHP. This comprises of fortnightly sessions including badminton, tennis, dance classes and swimming lessons. Volunteers will help organise sessions and encourage participation. We work together with SYSHP to provide social and engaging activities for the young people.



## Gardening and decorating project

This project provides practical help for vulnerable people in their own home.

Outdoor responsibilities include clearing and general garden maintenance. In the home opportunities can include simple DIY as well as painting and decorating.

This projects aims to support often very isolated people who may be elderly or living with disabilities or socially isolated. By improving someone's living space you can help them gain their pride of home and improve self esteem.

This project runs on Wednesday afternoons

## Expressions

### *Projects creating a better*



## The Farm

As a Volunteer for the farm, you can get involved in a range of practical activities such as looking after the animals, growing organic fruit and vegetables, carrying out construction and site improvement tasks and developing new ideas and projects.

They also look for volunteers who want to assist with child and youth activities, work with volunteers that have special needs, provide administrative support, give guided tours, organise fundraising events. There are also opportunities of training courses and day trips.

This project will run on one-off action days where a group of volunteers will go up to The Farm and complete a large task together i.e. building a new path or planting an orchard.

## Allotment

Do you have green fingers? We're looking for volunteers to help maintain our allotment. The allotment will not only be used to grow fruit and veg, but for teambuilding and activity days for our projects with children and adults.

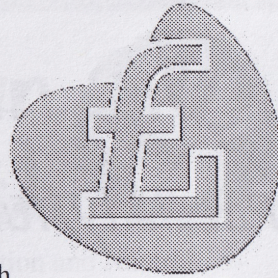
This is a new project so will require a motivated self starter to get it up and running.

## Grant

This project gives you the opportunity to work through funding applications on behalf of Discovery.

Discovery is wholly reliant on funding from external sources. Without it, we would not be able to finance our various projects or employ staff to support our volunteers.

If you are interested in pursuing a career in the charity or voluntary sectors then this is an excellent opportunity to get stuck into the world of funding bids and reports and will look fantastic on your CV!



## Xchange

Are you interested in learning from other cultures and countries? This project will take you on a journey of a life time! It could be to Lithuania, Africa or anywhere you choose.

The aim of this project is to build global links with other countries, support them where possible and learn from their experiences and culture.

You could be teaching young people in Swansea about life in Eastern Europe, preparing them for an exchange visit, and setting up activities for them to learn about this country.

You could be building a goat shed for villages in rural Africa, or teaching women new skills to support their independence and tackle poverty.

You will have to fundraise to cover the costs involved but we have some links and ideas.

## Interaxions

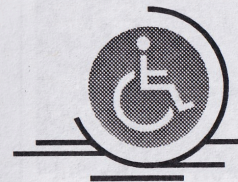
### *Full time positions*

Often when students graduate, it is the voluntary projects they were involved in that are one of the things they miss the most. Well the great news is that Discovery has discovered a way to allow you to carry on!

Our Interaxions team is made up mainly of graduates (although anyone who is available full time is welcome to join!) who work alongside disabled students assisting them with their everyday living. It's a diverse voluntary position; the Interaxions team get up to all-sorts - from helping out a student with washing and dressing, to going out clubbing - the overall aim is that Interaxions allows a disabled student to live their social life at University to the maximum potential.

The Interaxions scheme is full time for a year, and although challenging it can prove to be the year of a lifetime. In return for their hard work volunteers are rewarded with free accommodation and an allowance (currently £75 per week) to cover expenses.

So if you fancy the chance to spend a year making friends and making a difference in Swansea then pop in and ask us for an application form. We start taking applications in late spring and the scheme starts every September.



**Contact Hannah at**  
**[h.r.c.preedy@swansea.ac.uk](mailto:h.r.c.preedy@swansea.ac.uk)** if you're  
interested!

## A degree beyond: info sessions

These sessions are seriously recommended for anyone who joins  
Discovery:

What you get:

- The skills and knowledge to volunteer successfully
- A certificate
- The option to get a qualification for your volunteering.
- A chance to discuss issues with professional trainers and other volunteers
- A specialised insight into your chosen area of volunteering

Did you know that YOU can get an accreditation for taking  
Discovery info sessions?

Don't stop at a degree- get qualified for volunteering!

By attending certain info-sessions and getting stuck  
into some volunteering you can get an accreditation  
through the uni.

The courses are available in:

- Youth work skills
- working with vulnerable adults

Interested? Drop into the office to book your space on a session!

For everyone:

- Start here: Introduction to volunteering (compulsory) Green volunteering: how to volunteer without harming the planet.
- Heartstart: first aid
- Rags to riches: an introduction to fundraising.
- Eat, volunteer, and be merry: healthy eating and living.

Youth work:

- Listening to children
- Coping with difficult behaviour
- Playing games: Activities to use with children (and adults!)
- Youth work skills
- Reaching wider: compulsory for anyone who wants to do mentoring

Adults:

- Mental health awareness
- Old Aged Party-goers: working with older people
- Volunteering with vulnerable adults
- Working with asylum seekers and refugees

Disability:

- Access-able: making projects accessible to disabled people
- Disability equality.
- Deaf Equality
- Epilepsy

Also look out for our information evenings throughout the year on topics  
such as:

Homelessness, refugees and asylum seekers, autism, environmental issues,  
disability, healthy living, working with black and ethnic minority groups  
and much more



## Millennium Volunteers Gwirfoddolwyr y Mileniwm

### Q. What is M.V.?

A. M.V. is a national scheme set up by the government to encourage more young people (16-24) to volunteer **and reward them for doing so!**

### Q. How Do I Get Involved?

A. You received an M.V. form in your registration pack – simply complete it and return it to a member of staff. After this, all you have to do is keep track of the hours you've been volunteering. **It's no extra work!**

### Q. Why Should I Get Involved?

A. Apart from looking great on your C.V. and being a rewarding experience for you, M.V. also brings in valuable funding for Discovery for every volunteer who achieves **200 hours in 12 months.**

### Q. How exactly do I get rewarded?

A. When you complete 50, 100 and 200 hours you'll be awarded some colourful certificates and the 200 hour certificate is signed by the First Minister of Wales – Rhodri Morgan. As M.V. is a nationally recognised scheme, these will look great on your C.V.

### But 100/200 hours sounds like a lot!

You can include travel, training, meetings and all volunteering – you'd be surprised how quickly it all adds up!

## Can't find what you're looking for?

If you'd like to get involved in something that you can't see in this book then you can set up your own project!

We can also signpost you on to lots of other organisations in Swansea including:

The young Carers Project: supporting young carers

Bikeability: a project that adapts bikes for disabled people

BAWSO: organisation working with BME women

Nightline: a confidential advice line for students

Childline: a confidential listening service for children

EYST: Ethnic youth support team

St John's Wales: teaching first aid skills

Discovery is partnered with **Students in Free Enterprise (SIFE)**. This is an international organisation that encourages students to use their degree subject to work within their communities and solve real world problems. Through the process of teaching and serving others, they catch a glimpse of the true scope of their personal potential and are forever changed. As they go about the process of organizing their team, developing education projects and competing in a global competition, they develop teamwork, leadership, and communication skills far beyond those of the average university student. This doesn't mean you have to be a whiz kid at business or economics. It simply means that through key concepts such as fair trade, empowerment and creating economic opportunity we can work in partnership with SIFE. We would encourage all of our volunteers to sign up to SIFE. It is not only an opportunity to realise your skills and put them to good use, but is also a way to recognise the great work that our volunteers already do with Discovery. If you'd like to sign up with SIFE and start making a global difference at a local level then ask in the office.



## What Now?

When you've decided which project(s) you'd like to take part in, you'll need to do 3 things:

1) Pop back into the office with your completed registration pack:

- Registration form (with references)
  - CRB form (police check)
- Two passport photos and admin fee of £2.50

2) Sign up for the relevant and compulsory info-sessions for your project. Some of these are compulsory before you can begin

3) Get in contact with your Project Coordinator to get started on the project or sign up on the boards in the office.

*"To learn so much in such a short time, whilst helping people...how can you deny yourself such a great opportunity?"*

Current Discovery Volunteer

