

An Introduction to Volunteering at Three Cs



You make the difference!



Welcome!



We are delighted that you are interested in joining us as a volunteer and are inspired to make a positive difference to the lives of people with learning disabilities, autism and/or mental health challenges.

We have put this introduction to volunteering at [Three Cs](#) together to tell you all about the work we do, the people we support and what it is like to be a volunteer with us.

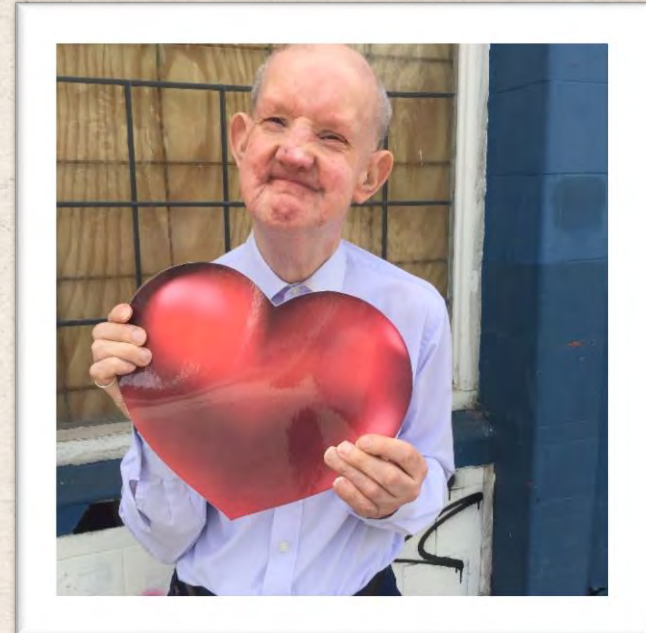
If you have any comments or questions please do contact us - we will be very happy to hear from you!



What is Three Cs all about?

Our Vision:

“All of us living life to the full and valued by our communities.”



Our Mission:

Three Cs stands for **‘Control and Choice in the Community’** for people with learning disabilities and/or mental health challenges. We support people to have control over and choice about their lives and to contribute to the community as equal citizens.

Volunteering at Three Cs

Our volunteers support us with a variety of activities that enable people with learning disabilities, autism and/or mental health challenges to gain skills for independence and engage in their communities.



We have a wide range of volunteering opportunities at Three Cs shaped by the interests and needs of the people we support. Whatever your personal motivations and goals we are confident we can help you to fulfill your aspirations for volunteering.



Three Cs has a strong commitment to the support and development of its volunteers. We provide an Induction to give you the skills and information to be happy and confident in your role at Three Cs. Throughout your volunteering experience you will also be linked to a Contact Manager who will offer ongoing advice and support.

Why should you Volunteer at Three Cs?

Contribute to the Community

Make a significant and positive impact on the lives of people with learning disabilities and/or mental health challenges.

Social Fulfillment

- Have fun!
- Meet new people.
- Make a real difference to a person's life.
- Work with a diverse range of people.



Personal Development

- Develop your skills and knowledge through training and support.
- Gain valuable new work experience in support work and charity work. This could be a stepping stone to a new career for you.
- Get involved in a wide variety of volunteering opportunities.

Our services



SUPPORT 4 Living
three Cs

We support people to have **control** over and **choice** about their lives and to contribute to the **community** as equal citizens

COMMUNITY SUPPORT
SUPPORTED LIVING
SOCIAL INCLUSION AND DAY SERVICES

Control and Choice in the Community for People with Learning Disabilities and/or Mental Health Challenges

CAMPAIGN FOR A FAIR SOCIETY | W | INVESTORS IN PEOPLE | Bronze

We support people in
5 London Boroughs.

We do this through:

Supported Living,

Social Inclusion,

Day Services,

Community Support

and



Three Cs provides services
in **Lewisham**, **Southwark**,
Greenwich, **Newham** and **Redbridge**



About our services

Supported Living

If people live on their own or share with others who are being supported to live independently, we provide support from our Supported Living team, they work 24 hours a day, 365 days a year. They provide support daytime, evenings, at night, at weekends, on bank holidays – and on holiday.

Community Support

We support people if they live on your own, with their family, a partner or someone who cares for them, they can get support for living from the Community Support team which works daytime, evening and weekends, including bank holidays.

Social Inclusion and Day Services

Our Social Inclusion team and Day Services we provide support to people that want to volunteer or get and keep a job, to get involved in new activities, to meet people and make new friends.

Our Day Services are 9am-4pm.



About our services



Three Cs Well Connected Programme, is run in partnership with Blackfriars Settlement, covering the Southwark area.

Well Connected has been running since April 2017, it is a three year Big Lottery funded programme aimed at supporting people who experience mental health challenges.

The programme provides activities that are friendly, and accessible for people experiencing mental distress, to gain confidence, learn new skills, socialise and build relationships with each other.

What can you get involved in?

We have lots of different volunteering roles at Three Cs, here are some of the ways you could get involved!

Befriender

Build a positive one to one friendship with a person we support. Help them to take part in activities within their homes and connect with events and/or activities in the community.



Activity Engagement Volunteer

Get to know everyone supported at one of our services and help them people live life to the full, develop skills and get fun and enjoyment out of activities and events that they are engaging in within their service and/or the community e.g. art, dance, swimming, singing, trips etc. Share your passion for your hobby or interests with the people we support, this could be on a one to one or group basis.

Depending on the placement confidence of the volunteer, there is also the opportunity to plan and facilitate group sessions.

What can you get involved in?

Administration Volunteer

Administration Volunteers are involved with the office work around Social Inclusion at Three Cs. This underpins support that helps people live life to the full across Three Cs' services.



Campaigning and Advocacy Volunteer

Support people with learning disabilities, autism and mental health to identify, speak out and campaign about issues which affect them. Work with the Social Inclusion and Volunteers Manager to support people to plan and run speaking-out forums.

What can you get involved in?

Events Volunteer

Volunteer at events such as one-off workshops or parties. This could involve volunteering directly with people supported or getting stuck into a practical task e.g. gardening.



Supported Employment Volunteer

Work with Three Cs' Job Coach to support people along their pathway into paid employment. This could be providing one to one support, helping someone on their CV, developing someone's interview skills, working with employers to create work experience and paid opportunities and/or on the job support to help people be successful in their role.

My Story – Dave

“Hi I’m Dave and I’m a Support Employment Volunteer at Three Cs. I’ve been here for about 18 months. After I retired, I decided to volunteer as I thought that I would be able to make a difference to people’s lives.

It also helps to keep me busy and I get to use past experiences and skills from when I had a job. It keeps my brain ticking over because you’re thinking all the time! I also like the contact with people – being retired and stuck in doors gets really lonely so I thought by volunteering it would keep me talking to people and getting out and about.

I feel I have been really welcomed as part of the team.

Looking at the guys I volunteer with, I feel I’ve made a difference by supporting their needs. I have helped people with their CVs, designed and supported training and have created work and volunteering experience for people. I want to build work experience up for everyone who walks in here! ”



How do you become a Volunteer?



Application

Informal
Interview

DBS and
Reference

Induction

Our application process is quick and straight-forward

Please note that the Informal Interview will take place at the Head Office in Deptford.

What are we looking for?

You will:

★ Have a real desire to volunteer with people with learning disabilities and/or mental health challenges and to empower them to do as much for themselves as they can

★ Enjoy being with people, be friendly, positive and enthusiastic with a sense of fun

★ Be proactive- have a 'can do' attitude and the ability to take the initiative

★ Have good communication skills with a willingness/ability to relate to people from a diverse range of backgrounds and cultures

★ Be reliable



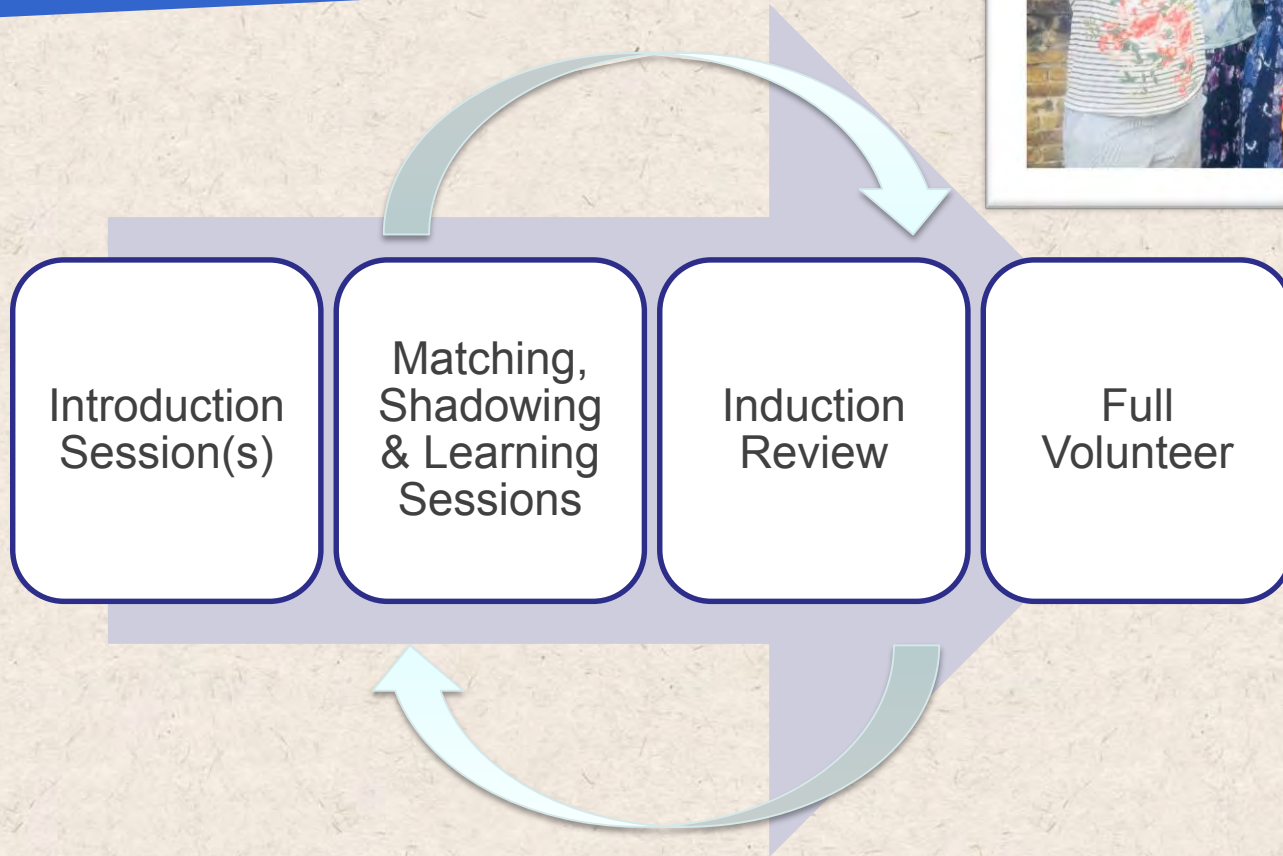
three Cs

Our volunteers are:



- **Adventurous** - Open to exploring new activities and supporting people to take positive risks that will enrich their lives.
- **Friendly** - Interested in people. Treats people in a kind, sympathetic, warm and informal way.
- **Encouraging** - Believes in people. Builds confidence and courage. Motivates and supports achievement.
- **Supportive of loving** - Upholds the right of people with disabilities to love others and enjoy relationships of their choosing.
- **Connecting** - Good at understanding and communicating. Can connect and help others connect.
- **Advocating** - Stands up for people. Upholds people's human and civil rights. Upholds people's rights as equal citizens
- **Respectful** - Courteous. Sensitive to personal identity, dignity and privacy. Respects other people's views and decisions.
- **Resourceful** - Good at finding opportunities and problem-solving.

Your Induction



We will support you to gain the knowledge to be confident & happy in your volunteer placement

Common Questions

What sort of commitment I need to make?

We would expect you to commit to a minimum of 6 months from the start of your volunteer placement. This is because you will be building-up a relationship with vulnerable adults and a lack of consistency could be detrimental to their well being. It will also give you time to get the most out of your volunteering experience!

If you are unable to commit to 6 months you may wish to be involved as an *Events Volunteer*.

Do I get my expenses covered?

Yes. When you volunteer you will be able to claim travel and food expenses. There's more information on this in Three Cs Volunteer Expenses Policy.

What hours do I need to do?

We have no minimum weekly commitment. We aim to be flexible and try to find placements that fit in well with the time contribution you feel able to make.

- ☐ **Befriender:** Most volunteers contribute at least 4 hours per week.
- ☐ **Activity Engagement Volunteer:** Most volunteers contribute at least 4 hours per week
- ☐ **Administration Volunteer:** Most volunteers contribute at least 3 hours per week.
- ☐ **Campaigning and Advocacy Volunteer:** Most volunteers contribute at least 3 hours per week.
- ☐ **Supported Employment Volunteer:** Most volunteers contribute at least 3 hours per week.

DBS & Reference

Do I need to have a DBS check?

Yes. All volunteers with the exception of Events Volunteers need to have a Disclosure and Barring Service (DBS) check to make sure that there are no risks around you volunteering.

Does that mean if I have a criminal record I won't be able to volunteer?

No. Three Cs recognizes that everyone can contribute. If you disclose a criminal record we will look at it to assess whether there is a risk surrounding you volunteering. Each case is judged independently and we will be in contact with you throughout the process.

Enhanced or Basic?

Where the volunteer role involves direct unsupervised contact with a person/people Three Cs supports volunteers require and Enhanced DBS check (e.g. Befrienders). Where it does not, volunteers require only the Basic DBS Check (e.g. administration volunteers).

You should normally receive a copy of your DBS check within four weeks.

Reference Check

You will need to provide details of someone on your application form who can provide a reference. This should ideally be a non-personal contact. It should not be a family member. If you are having problems thinking of a reference talk with the Social Inclusion and Volunteers Manager.

A word from Alison Director of Services

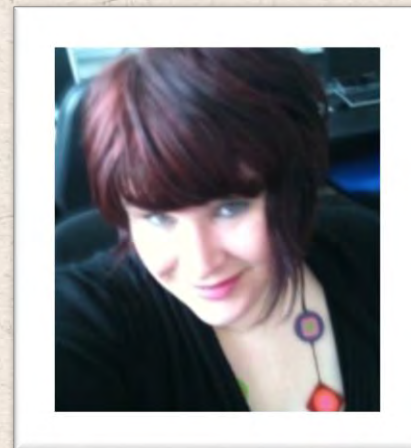
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We all volunteer for our own individual reasons. I started my career in Social Care as a volunteer and I continue to volunteer today as chair of Intoart. This brings me a lot of satisfaction alongside my day-to-day job as the Director of Services at Three Cs.

We really value all the volunteers at Three Cs with your input, people we support can take advantage of many more opportunities.

Thank you and enjoy!

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Contact Information

If you'd like to have a chat about how you could get involved get in touch with **Sharon Latter** - we would love to hear from you!



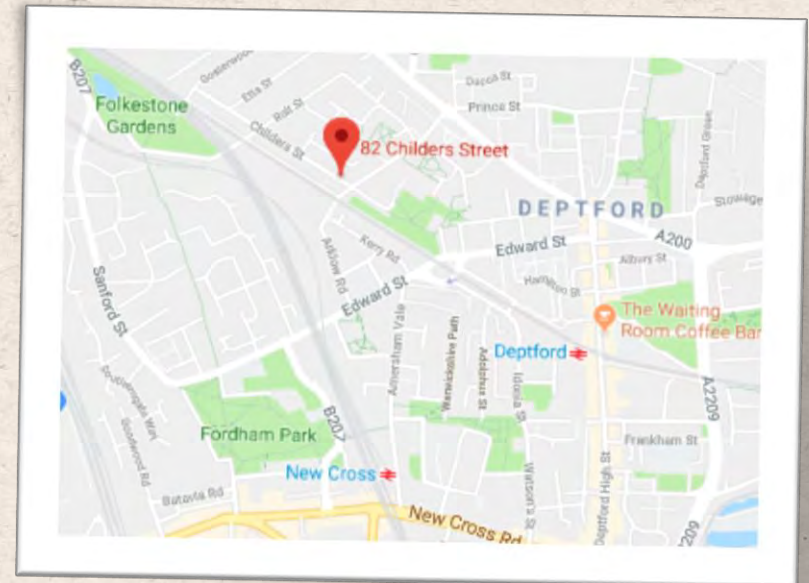
Sharon.Latter@threecs.co.uk



020 8269 4340



Head Office:
Three Cs, 82 – 84 Childers Street,
Deptford, London, SE8 5FS



Getting to Head Office

Nearest Stations: New Cross, New Cross Gate, Deptford and Deptford Bridge.

Buses: 199, 188 and 47 stop at Abinger Grove, a 5 minute walk from Head Office.



www.threecs.co.uk

Thank you!

Thank you for showing an interest in [Three Cs](#), our volunteers are very special to us, with your help we can support people to build confidence, skills and independence and to have control and choice in their own lives and contribute to the community as equal citizens.

We always love to hear from new people who may like to support us in different areas, so we hope to hear from you soon!



Get Connected!

Find out more information, follow and like us!



www.threecs.co.uk



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