

# Volunteer Success at WHIST



Women's Health in South Tyneside (WHIST) is based at 33 Mile End Road, South Shields and is local project providing women only health services. The project works with women from age 16 years to 80 plus, to enable them to live full and active lives. With an emphasis on self-help, support and personal development, they offer a broad range of health provision.

WHIST offers individual support and advice, including counselling around various issues. They run self-help groups and offer training courses on subjects such as assertiveness, parenting, stress management and computers. The project also runs physical exercise programmes and a wide range of health provision integrating physical and emotional health.

Seven local women have recently completed a thirteen-week training course in Volunteer Skills Enhancement at WHIST. This course is accredited through the Open College Network and so each of the women will receive a Level One or Level Two certificate. The course covered subjects relevant to volunteering including Equal Opportunities, Values and Attitudes, Communication Skills, Assertiveness, Child Protection, Disability Equality, Mental Health, and Working with Conflict.

Last year eight women completed the course and went on to volunteer at WHIST. The services provided by volunteers are essential and volunteers are involved at all levels of the project including the Management Committee. Services include running the library, planning and maintaining the herb garden, complimentary therapies, counselling, running the Wednesday Drop-in, staffing a collection point for the Town Centre Credit Union, fund raising, organising events such as the International Women's Day celebration, course tutors, assistant tutors, help in the crèche and much more.

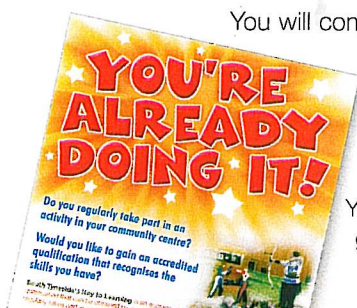
The volunteers are supported in their roles by Corinne Devine, who also facilitates the training course. She said, "The women who have completed the training course have worked really hard and have achieved a lot. They have put a lot of effort in to the course and everyone at WHIST is proud of their achievements." The women will now join the volunteering team at WHIST and will offer new services such as Craft Classes, Flower Arranging and Reflexology.

## YOU'RE ALREADY DOING IT!

South Tyneside's Key to Learning is an accredited qualification that can be obtained by any adult volunteer involved in an informal learning activity.

You will complete the qualification during your regular activity and will not have to attend any additional sessions.

You will also be offered guidance and support from experienced members of staff.



## South Tyneside Volunteer Bureau

Looking for volunteers? Want to advertise your opportunities on the net? We can help! The Volunteer Bureau now has the facility to upload volunteer vacancies onto the do-it.org.uk website.

This will hopefully attract many more people to your organisation.

Of course the Volunteer Bureau will still continue to promote vacancies at events and to potential volunteers calling at the Bureau.

If you want to register with the Volunteer

## VOLUNTEER VS in Brics

**16 people** sponsored Education project have p exam on two courses he Ede Community Associa

**Phab Club** volunteers Flynn have been awarde People Handling after att course at Chuter Ede Ec

**Congratulations** to th of the Jujitsu section at P Community Association v completed an Appointed course.

**Eight** volunteers from th Support Centre complete Person (Child and Baby) through the Volunteers in July 2003. The course information on dealing w threatening conditions, c burns.

**Volunteer** Neil McConn completed his Football A Coaching Certificate spo Volunteers in Education p to attend the course, hel Street, to further his amb people soccer skills.

**Six** volunteers from Conr which provides accessibl community and voluntary Tyneside, have successfu an Emergency First Aid c The course covers casua dealing with an unconsci cardio-pulmonary resusc

**A third** 10 week Drugs course has been organia