

## H&S BRIEFING

For information

<b>Issue Date: 30/06/2022</b>
<b>Title of Alert: Helping Hands Volunteer Recruitment</b>
<b>Information</b>
<p>There are many wellbeing benefits to helping others. This briefing note provides information on volunteering opportunities within our award winning Helping Hands Service.</p>
<b>Target Audience</b>
<p><b>Heads of Service</b></p> <p><b>Managers</b></p>
<b>Action to be taken</b>
<ul style="list-style-type: none"> <li>• <b>Heads of service</b> – Please ensure the information in this briefing note is cascaded down to all managers within your area of responsibility.</li> <li>• <b>Managers</b> – Please note the contents of the briefing note and bring to the attention of all of your employees.</li> </ul>
<p>For further information and Stress Management and Counselling Advice, please Email: <a href="mailto:Karina.Rees@swansea.gov.uk">Karina.Rees@swansea.gov.uk</a></p>



**Opportunity to volunteer**

Studies show that there are many wellbeing benefits to volunteering to help others. As noted by The Mental Health Foundation, being kind and supportive:

- improves self-esteem
- helps us become more aware of the things we can be grateful for
- increases happiness
- makes us more optimistic
- improves our support and social network
- encourages us to be more active
- enhances satisfaction with life



*Independent, Confidential Support for the employees of Swansea Council.*

- We are currently seeking employees to join our award winning team of Helping Hands volunteers
- We are looking for volunteers who are interested in helping to facilitate wellbeing workshops, special interest groups, befriending support, a drop in service and a telephone support service.



Please e-mail [Karina.Rees@Swansea.gov.uk](mailto:Karina.Rees@Swansea.gov.uk) to express interest and to receive more information