



PRESS RELEASE

Date: 15/05/2018

Subject: Positive Pathways Kick Starts Volunteers' Week!

Volunteers from Community First's supported volunteer team Positive Pathways, will be at Tesco in Havant on Monday 4th June from 10am to 1pm, to celebrate the start of Volunteers' Week. Volunteers' Week is a national campaign where people from all over the country will be volunteering to recognise the 23 million people who volunteer across the UK.

Positive Pathways is a supported Volunteering project which helps those that need initial support to volunteer and works with them to improve social, communication and practical skills to help them become more involved in their local community, reducing isolation and improving well-being. Volunteers work as a team to carry out work in the community helping charities, schools and community groups and have carried out tasks such as helping schools prepare grounds for children to plant fruit, vegetables and flowers, befriending in sheltered housing, painting of community buildings and conservation work.

Volunteers, many of them recovering from a long period of ill health, will be on hand to chat to members of the public about their experience of volunteering and how it has helped them as well as promoting volunteering and answering questions. Local volunteer opportunities will also be displayed and details can be passed on to the organisation for those expressing an interest.

Please stop and chat or pick up a leaflet for our volunteer website. We look forward to seeing you. Community First's Volunteer Service are organising a week long programme of events to celebrate Volunteers Week across Hampshire. If you would like to find out more about what's going on go to our website www.cfirst.org.uk or to find out about what volunteering opportunities are available to you in your area - www.volunteerwessex.org. Alternatively call 0300 500 8085 option 1.

- End -

Photo:

Beverley Palmer and Ina Allum from Community First (both front centre) pictured with our Positive Pathways Volunteers



Notes for Editors

1. Communities First Wessex (known as Community First) provides support and advice to local voluntary and community groups, charities and social enterprises in order to build their capacity and ensure a thriving and successful voluntary sector across East Hampshire, Fareham, Havant and Winchester. We also provide a one stop shop for all aspects of volunteering; helping recruit and place volunteers throughout our local communities and providing specialist training for voluntary organisations.
2. Communities First Wessex also delivers critical community services including:
 - a. Community Transport and Dial a Ride in East Hampshire, Fareham, Gosport, Havant, Winchester and Basingstoke
 - b. Shopmobility in Fareham, Havant and Chichester, and Winchester
 - c. Health and wellbeing services including surgery signposting with GP surgeries in Bordon, Fareham and Waterlooville, a Silver Linings programme for older people at

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Hewitt's in Emsworth, Walking 4 Health in Fareham, and a Home Help and a Gardening Service for vulnerable people in Fareham.

- d. Support for Community Buildings and managing agents for Leigh Park Community Centre in Havant
 - e. Rape and Sexual Abuse Counselling services
 - f. Specialist youth work including support for young people's mental health
 - g. Work and skills based training and support for unemployed people
 - h. Supported volunteering for people with a range of needs including mental health, drug and alcohol abuse, and those with a physical or mild learning disability.
3. Communities First Wessex employs 116 staff, has more than 80 regular volunteers and has a turnover of £2.6m. Its main sources of income are local authority and government grants and contracts, Big Lottery Fund and a range of charitable trusts.
4. For further information contact:
Tim Houghton, Chief Executive, Communities First Wessex
07467 941018 or email tim.houghton@cfirst.org.uk

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