



# SPOTLIGHT

Jan/Feb 2012

BVSC's bi-monthly newsletter including news of Bexley's Voluntary sector



## **Cover Story -**

MBE for BVSC Trustee - *Page 4*

## **INSIDE THIS ISSUE**

Call for Volunteers - *Page 7*

Befriending Scheme for Crossroads - *page 8*

Spotlight on Re-Instate - *back page*



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Please visit the news page at  
**BVSC's website for regular news updates and job vacancies.**

**EDITORIAL**

Happy New Year to all of our readers and welcome to issue 26 of SPOTLIGHT, BVSC's bi-monthly newsletter.

The March issue of SPOTLIGHT will be published on Monday 27th February 2012 so please e-mail your contributions (with pictures if possible), to: [adminmanager@bvsc.co.uk](mailto:adminmanager@bvsc.co.uk) or send by post to the address on page 2 by the article deadline date of Friday 3rd February 2012.

Pam Sloan, SPOTLIGHT Editor

**BVSC RESOURCE CHARGES**

We have recently taken delivery of a brand new photocopying machine after our old high speed printer decided to stop working. The new machine has many extra features including booklet making.

We have found it necessary to increase our photocopying prices slightly to keep in line with the increases in paper, ink and copying costs. However, we have kept these rises to a minimum and we hope that you will agree that the prices are still very reasonable with single mono copies at 3p and backed at 5p a copy.

A list of the charges can be found on our website: [www.bvsc.co.uk](http://www.bvsc.co.uk) or from our reception.

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**WELCOME TO OUR NEW  
COMMUNITY ACCOUNTANT**

BVSC has a new Community Accountant, Louise Jossa. Louise can assist your group with any issues relating to accounting for Voluntary and Community organisations, including:

- Setting up a bookkeeping system: either manually or on computer
- Preparing your year end accounts to comply with current rules and guidelines
- Preparing budgets and management accounts for your committee or for funding bids
- Advice on setting up and operating Gift Aid to increase income for your group
- Advice on setting up and maintaining payroll and NI

Call 020 8304 0911 to book an appointment. Louise is available 2 days a week, on Mondays and Wednesdays.



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**GIFT AID – IS YOUR ORGANISATION LOSING OUT?**

Gift Aid is a repayment of the basic rate tax which has previously been paid by the donor. It can increase the value of gifts your organisation receives by a quarter, at no extra cost to the donor. If you are not already operating a Gift Aid scheme and your organisation receives donations from individuals who are UK taxpayers, you may be able to claim an extra 25 pence for every pound donated, and an additional 3 pence for every pound donated before 6 April 2011. Contact Louise for further information on the telephone number above.

**.....COVER STORY:  
SPECIAL SERGEANT GURCHARAN SINGH DHESI GETS MBE  
FOR 38 YEARS OF MET WORK**

We were pleased to hear that BVSC Trustee Mr Dhesi, who is one of the longest serving special officers in the Metropolitan Police Service, has received an MBE for 38 years of service. Mr Gurcharan Singh Dhesi, 62, joined the Met in 1973, and has worked with young people across the borough for many years.

Special Sergeant Dhesi came to the UK in 1960 from the Punjab region of India. He said: "It is wonderful to get this award. It's not every day you get the chance to go to Buckingham Palace. I met Prince Charles who asked me how long I'd been volunteering, when I told him he was astonished and said 'well done'. I have spent more than half my life at the Met and I really love it. I regularly work between 700 and 1000 hours a year. I'm not planning to retire just yet and even when I do I'll carry on working with cadets. Being a Special means everything to me."

Last year Mr Dhesi received an Assistant Commissioner's Commendation for dedication and community leadership to policing.



Commissioner Bernard Hogan-Howe said: "After 38 years volunteering with the Met by patrolling the streets as a special, this MBE is thoroughly deserved.

"I'd like to thank special sergeant Gurcharan Singh Dhesi for this commitment to the Met. He has made a fantastic contribution to the policing of London. We are very proud that he has been recognised by such a prestigious award".

## SUPPORT YOUR CHOSEN CHARITY

Waitrose Community Matters is a scheme that donates £1,000 a month from branches between three local causes that you choose. To support your chosen charity, complete the nomination form found in store.

Three good causes receive a share of £1,000 every month from the Waitrose Community Matters initiative. The charities and community groups are selected by nominations from customer and Waitrose employees.

**A SUCCESSFUL WEBSITE LAUNCH FOR BVSC**

In November we launched our new look website at Central Library, Bexleyheath.

We were joined by Deputy Mayor Cllr John Wilkinson and his wife Deputy Mayoress Mrs Carol Wilkinson. Also attending were Bexley Councillors, Bexley Council Officers, member groups and volunteers.

Cllr Wilkinson opened the proceedings, and short presentations were given by Janet Smith, Chief Executive and Pam Sloan, Admin Manager. The library provided us with the use of three computers, and this gave those present an opportunity to try out the new website with BVSC staff on hand to advise and highlight particular areas like the community directory.



The afternoon was a great success, and we were pleased with the positive feedback about our website, with people finding it more interactive and interesting now that it has been updated.

**BEXLEY JOINT STRATEGIC NEEDS  
ASSESSMENT (JSNA) 2010/12**

The Bexley Joint Strategic Needs Assessment (JSNA) 2010/2012 is now available from the link below on Bexley Council's website.

Please note the main document is very large if you are considering any printing.

<http://www.bexley.gov.uk/index.aspx?articleid=12569>

**CAN YOU MAKE TIME FOR  
A CUPPA?**

Dementia UK would like to invite you to take part in their national fundraising and awareness raising event, Time for a Cuppa Day, on 27th February 2012 and are asking supporters across the country to hold a fundraising tea party event at home, work, or in the community in or around this date. For a free pack apply online at [www.timeforacuppa.org/register](http://www.timeforacuppa.org/register) or Tel: 020 7874 7207

**LONDON BOROUGH OF BEXLEY  
CORPORATE SMALL GRANTS  
SCHEME 2012**

The Corporate Small Grants Scheme 2012 for the London Borough of Bexley is open for applications. The deadline for receipt of applications is Monday 6th February 2012. The application pack can be found on our website [www.bvsc.co.uk](http://www.bvsc.co.uk) or contact Olwyn Sinclair at BVSC.

**HAVING FUN ON THE RIVER!**

Clients from the Volunteer Support Project (supporting people with mental health or Learning Difficulties) attended a Trial event run by Joanne from Thames 21 at the end of last year.

The volunteers were kitted out with chest waders and had the task of picking up litter from the stretch of river that ran through Willersley Park in Sidcup, amazingly they filled 8 bags with rubbish!

The event was such a great success that a second one was planned.

If anyone is interested in taking part in events like these then please contact the Volunteer Support Project Worker Sharon Williams at BVSC, contact details on page two.

**MEMORY SESSIONS AT WOLSLEY  
HOUSE**

Alzheimer's Society Bexley run a fortnightly 'drop in' session for anyone concerned about their memory or of someone they care about.

Sessions run on Monday's from 1pm - 3.15pm. From January 2012 this will run from a new venue at Wolsley House, Maxim Road, Crayford. It is easily accessible by public transport and has its own car park.

For a list of 2012 dates please telephone 01322 334245.

**LOCAL PROJECT WINS FUNDING  
FROM COMIC RELIEF**

This innovative three-year project aims to tackle the growing problems caused by alcohol misuse among the over 55's.

Silver Lining will operate across the London Boroughs of Bexley and Greenwich. It will recruit a group of volunteers from the local population, who are over 55 themselves, and train them to become Peer Mentors. With continued supervision and back-up, the Peer Mentors will run a weekly community support group for those experiencing problems due to their alcohol use. For those unable to travel, a limited home visiting service will be introduced.

Training courses will also be provided for staff at a wide range of agencies targeting older people, including social services, community mental health teams, housing agencies and voluntary groups. These will address staff anxieties about tackling alcohol misuse among older adults and also act as a shop window for the Project and its work.

If you are interested in volunteering as a peer mentor or would like to find out more about the project contact Project Co-ordinator Helen Gilbert on: 07920 876 983 or 0208 257 3068 email: [aop@dasl.org.uk](mailto:aop@dasl.org.uk)



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## HOSPICE CHARITY CALLS FOR VOLUNTEERS

Greenwich & Bexley Community Hospice is calling for local people of all ages to join its friendly volunteer team. Greenwich & Bexley Community Hospice offers specialist care and support to local people with a life-limiting illness. In the last year alone, the Hospice supported over 2,500 local people and their families, friends and carers in the boroughs of Greenwich and Bexley.

The Hospice has a dedicated team of almost 600 volunteers working in a variety of roles from charity shop work and fund-raising to working directly with patients and their families at the Hospice. "Our volunteers make a big difference to the quality of life of people who have a life-limiting illness," said Vanessa Hill, Volunteers Manager at the hospice. "We have all sorts of volunteer roles, with something to suit all abilities and availabilities."

One such volunteer is 67-year-old Charlie Cowcher from Eltham who has been volunteering at the hospice as a volunteer driver for the past five years. He devotes four hours a day, two days a week. Describing a typical day, Charlie said: "I go to the patient's house and I bring them to the hospice. I know it's never going to be a miserable journey because they know they're coming to a nice place. For new patients on the way to the hospice I tell them all about the day centre to reassure them. When we get to the hospice I make sure that my passengers get settled and I introduce them to people. I come back to pick them up and we chat all about the day on the way home. I make sure they're safely in their houses before I say goodbye."

I really enjoy this role, I like meeting new people and I have made some good friends." "Volunteering gives a new insight to life. People should try it; the hospice isn't all doom and gloom – it's a friendly and welcoming place."

For more information, contact Vanessa Hill, Volunteers' Manager on 020 8320 5812, or email:

vanessahill@gbch.org.uk or visit [www.communityhospice.org.uk](http://www.communityhospice.org.uk)



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## SPOTLIGHT ON BEXLEY BOROUGH PENSIONERS FORUM...

The Forum was started in 1944 to help publicise conditions for older people, help with various interests, organise social events and to try and improve the well being of the older generation. It is still going strong with much the same agenda. They have strong connections to Bexley Council, BVSC and Age UK and hold quarterly meetings at the Civic Centre, Bexleyheath, which are open to non-members and are well attended.

These meetings have speakers from various organisations to covering topics such as health, hospitals and other national services. There is always a question and answer session. The Police, Ambulance Service and Fire Brigade are pleased to attend to keep members and the public informed of their own initiatives being stressed at the time.

The current committee meets monthly to discuss various items and issues so that they can inform members of important topics. They would welcome the views and input of anyone with a genuine active desire to help others.

Membership is a moderate cost of £8 per year per person. This part-finances their annual Christmas lunch, as well as coach trips on occasions.

The next General Meeting will be held on Thursday 26th January from 10.30am to 12.30pm, at the Civic Centre. If this sounds like a group you might like to be part of then do go along to the meeting.

## GOOD NEWS FOR DISABLED PARENTS AND THEIR FAMILIES

From 1st October due to funding restrictions, the London Borough of Bexley withdrew funding for Parents Power. However, thanks to money raised from John Faulkner's sky dive Parents Power were able to continue running until the end of December.

Parents Power would like to thank everyone who supported John in raising the fantastic sum of over £800!!



Crossroads Care Bexley has identified some funding to enable the group to continue meeting and to pay for family days out for young carers and their families. The funding will pay for room hire for the meetings, refreshments, and the cost of outings, and Crossroads Care Bexley have kindly agreed to provide three care staff to support young carers at the meetings.

Parents Power will be meeting at Belvedere and Erith Congregational Church, 147 Picardy Road, Belvedere, DA17 5QL on the second Saturday of the month from 2 – 4pm starting from the 11th February and on the last Monday of the month from 4 – 6pm starting from 27th February.

The venue has a lovely soft play facility for the children called Noah's Ark and there are also other activities arranged for the children and young carers while the parents are meeting.

All disabled parents and their families are welcome and the group is keen to welcome new members.

## BEFRIENDING SCHEME FOR CROSSROADS

Crossroads Care Bexley, based in Erith has been awarded £48,000 by the National Gardens Scheme to develop a befriending service in Bexley and the surrounding areas from March 2012.

The service will be aimed at carers (including ex-carers, recently bereaved carers, mutual carers and older people) to alleviate social isolation and improve their health and well-being by providing a volunteer befriender, offering social contact, emotional, practical support and signposting.

The aim will be to empower people, with the expectation that they will eventually access more mainstream services and community opportunities in sports, leisure, culture, faith and education.

For more information please contact Darren Tobin on 01322 336086 or email [d.tobin@crossroadscarebexley.org.uk](mailto:d.tobin@crossroadscarebexley.org.uk)

## DANSON YOUTH CENTRE SUPPORTS CHILDREN IN NEED.

For BBC Children in Need throughout November Danson Youth Centre held various activities & events to raise money for the popular charity. They held two disco's, one for 5 – 11 year olds and another for 11+ where the young people who attended danced the evening away, had their faces painted and raised money through cake making with all proceeds from the disco's going to the appeal.

They also raffled a Pudsey bear and Salon 108 hairdressers in Bexleyheath kindly donated a free haircut & style which was also raffled.

On junior girls club night the young people who attended were sponsored to wear pyjamas to youth club. Throughout the month the youth centre members, staff & parents also donated their spare change making a total raised and donated to £612.



Danson Youth Centre wished to say a big thank you to everybody who took part.

For information on future events and activities see [www.dansonyouth.org.uk](http://www.dansonyouth.org.uk). Tel: 020 8303 6052.



### CROSSROADS CARE BEXLEY RECRUITING VOLUNTEERS TO BECOME 'COMMUNITY DEMENTIA CHAMPIONS'



Following The City Bridge Trust funding for a dementia project that provides tailored care support packages to people with dementia that are not receiving any other support, Crossroads are looking to further develop links within communities, particularly ethnic minority groups.

The 'Community Dementia Champions' will support Crossroads Care Bexley's Dementia Development Officer, Sarah Taylor, in raising awareness of what dementia is and of the services and support that are available in the borough of Bexley by visiting groups and individuals in the community. The successful applicants will receive training in dementia and support from Sarah.

Anybody that is interested in undertaking this role can contact Sarah directly on 07960 456565 or at [sarah.taylor@crossroadscarebexley.org.uk](mailto:sarah.taylor@crossroadscarebexley.org.uk) For further information about the organisation and this volunteer role you can visit

[www.do-it.org.uk/search/opportunities/1714097/Community\\_Dementia\\_Champion\\_Crossroads\\_Care\\_Bexley?unit=mile&distance=5&location=da8+1ta](http://www.do-it.org.uk/search/opportunities/1714097/Community_Dementia_Champion_Crossroads_Care_Bexley?unit=mile&distance=5&location=da8+1ta)



## Opportunities for January

If you are interested in volunteering in a shop please visit the Volunteering page on our website: [www.bvsc.co.uk](http://www.bvsc.co.uk) and download our new "Volunteering in a Charity Shop" Factsheet. You can also either email us or ring to request a copy.

### Parkrun

Various roles – help support a weekly 5km run! Parkrun organises 5km timed community runs, (jog or walk - open to all abilities) in parks around the country. All park runs are free to enter and rely on volunteers to take place. Following work by the London Borough of Bexley with this organisation, a weekly 5km run is to due to start in Danson Park on Saturdays at 9am in January 2012.

Volunteers are needed for one Saturday a month for an hour and a half. There are various roles available:-  
 Run Director: in overall charge of the event and health and safety;  
 Timer: to operate the race timer;  
 Token Distributor: handing position tokens to runners as they cross the line;  
 Registration: responsible for scanning finish tokens against runner's records.

### Drug and Alcohol Service London

Peer Mentor  
 DASL exists to respond to the needs of, and educate, the growing number of people experiencing alcohol and drug problems within different communities whilst

aiming to reduce the impact of alcohol and drug misuse and its consequences.

They are looking for Peer Mentors to help them in the delivery of its Older People and Alcohol Project. This will involve co-facilitating the weekly social and support group, meeting with clients individually, and undertaking risk assessed home visits to those older clients unable to attend the group. The overall aim is to reduce levels of drinking amongst older clients, and contribute to improved physical and psychological wellbeing. On average a minimum commitment of half a day a week will be required from volunteers.

### LOCOG London 2012 Local Leader

Are you good at getting things done? Excited about the Games and want to celebrate? Then LOCOG want you to be a London 2012 Local Leader! Across the whole of the UK, millions of people will be part of the celebrations during the Olympics. And at the heart of every celebration will be the person who makes it happen. If that's you, LOCOG want you to sign up and become a Local Leader. Leaders will need have an idea of how you want to celebrate the Games and then get organising, creating your own events or getting involved with the some of the community ideas on their website.

Don't forget, Bexley also has the honour of being part of the Olympic Flame Torch Relay route on Sunday 22nd July 2012 so this would be a fantastic opportunity to get your friends and family together to welcome it as it travels round Bexley!

### Crossroads Care Bexley

Treasurer Urgently Required!  
 If you are a qualified accountant or hold a suitable professional accountancy qualification then Crossroads Care would like to hear from you. They are looking for a new Trustee with financial skills to either join their Board or offer pro-bono support.

The Treasurer will take the strategic lead in overseeing the financial affairs of the organisation, monitoring and confirming its financial viability and ensuring that correct records and procedures are maintained. A separate Management Accountant is employed to deal with day-to-day operational accounting and book-keeping.

### Complementary Cancer Care Trust

Trustees Wanted!  
 This organisation is looking for Trustees with various skills to join their management committee. If you have experience of financial management, marketing and promotion, fundraising or project management they would love to hear from you!

**INTERESTED?  
 PLEASE CONTACT  
 VOLUNTEER CENTRE BEXLEY  
 ON 020 8304 0911  
 email: [bexleyvc@bvsc.co.uk](mailto:bexleyvc@bvsc.co.uk)**

## JANUARY/FEBRUARY 2012

### Training Courses for Small Group Volunteers

Training for volunteers with Small groups is being held on various dates during January. These cover First Aid, Health & Safety, among other courses. For details contact Carol Britnell [regenofficer@bvsc.co.uk](mailto:regenofficer@bvsc.co.uk) or Tracy Pettey [tpettey@bvsc.co.uk](mailto:tpettey@bvsc.co.uk) or Tel: 020 8304 0911.

### Friday 13th January

#### Pool Tournament

Haven Gay & Lesbian Social Group is holding a pool tournament. For further details of their forthcoming events, Phone 01322 287356, or email: [havenx35@googlemail.com](mailto:havenx35@googlemail.com)

### Monday 16th January

#### Support Group Open Day

for Carers and Ex-carers to be held at St Mary's Church Hall, Manor Road, Bexley Village  
1.30pm – 4.00pm

A free complementary therapy, various information stalls and light refreshments will be available.

The Support Group is open to all carers and ex carers - not just those caring for people with cancer and other life-threatening illnesses.

If you are unable to attend the Open Day - The carers and ex carers support groups will commence on 13th Feb,

12th March, 14th May 2012

For more information please contact:

Joan: Bexley Carers (01322 338582) or Sheila: Complementary Cancer Care Trust (01322 524079) or email: [enquiries@ccctrust.org.uk](mailto:enquiries@ccctrust.org.uk)  
To visit their website: [www.ccctrust.org.uk](http://www.ccctrust.org.uk)

### Wednesday 18th January

#### Annual General Meeting

Bexley SNAP cordially invite you to attend their Annual General Meeting to be held at 10.30am at the Belvedere Social Club, 29 Nuxley Road, Belvedere, Kent. DA17 5JQ

Light refreshments will be served after the meeting.

(There is a large car park behind the social club accessible by Grosvenor Road or Chestnut Road).

### Friday 20th January

#### Small Groups Network Meeting

Room 105 at the Civic Centre from 10am to 12 noon with networking lunch after. Contact Tracy Pettey or Carol Britnell, [tpettey@bvsc.co.uk](mailto:tpettey@bvsc.co.uk) or [regenofficer@bvsc.co.uk](mailto:regenofficer@bvsc.co.uk) or Tel: 020 8304 0911.

### Thursday 26th January

#### Bexley Borough Pensioners Forum

Meeting 10.30am to 12.30pm. The meeting is to be held at

the Civic Centre, Broadway, Bexleyheath. The meetings are open to non-members.

### Wednesday 8th February Meeting of the Voluntary Forum

10.30am in the Public Gallery, Civic Offices. For further details, contact Pam Sloan, [adminmanager@bvsc.co.uk](mailto:adminmanager@bvsc.co.uk) or Sharon Allen, [adminsupport@bvsc.co.uk](mailto:adminsupport@bvsc.co.uk)  
Tel: 020 8304 0911

### Friday 24th February C&YP Network meeting

to be held at the Civic Offices, Broadway, Bexleyheath, Room 105. 10am to 12.30pm. For further details contact Mel Shepherd: email: [mshepherd@bvsc.co.uk](mailto:mshepherd@bvsc.co.uk) or Tel: 020 8304 0911

**RE-INSTATE – SUPPORTING WORK**

“Not everyone wants to be employed, but almost everyone wants to work”, that is to be engaged in some kind of valued activity that uses their skills and facilitates social inclusion”

(Source 2006 commissioning guide for vocational services, Department of Health)

Re-Instate say creating a support network to enable individuals to find their way to work is complex, and that their organisation is one small part of the answer, and adults with mental health problems and learning disabilities are supported in a sheltered workplace. On any given day there might be up to 30 enthusiastic and hard-working individuals from a total of 50 on the books. The work carried out is real work, won from local firms and organisations, as diverse as the Local council to the Guardian News group.

A staff of 3 is bolstered by a number of dedicated volunteers, whose job it is to support, help and supervise the “trainees”. Volunteering at Re-Instate isn’t for everyone. The work is manual, incorporating hand-finishing, collating, labelling and packing, but for many is seen as a satisfying way to spend a day.

There are plenty of reasons why work is seen as such a positive thing, often personal to the individual, but in essence: -

- Builds Confidence
- Develops self-esteem and self worth
- Helps to remove the stigma of mental illness and stops someone being pigeon-holed as a “patient”
- Encourages social cohesion and integration
- Encourages social interaction and skills
- Develops work skills
- Creates a sense of belonging, a sense that an individual is part of society and not excluded from it.



Above: Tony at work

As Tony, one of the trainees said: “This is my first real job and I appreciate it a lot. I feel better about myself because I'm just like everyone else”

(Source: Learning Disabilities Today, November 2011)

Re-Instate Supports adults with mental health problems aged between 18-65 to do a normal job of work. This improves their dignity and self esteem. Re-Instate are not a profit motivated company. They want regular work to ensure their customers are satisfied.

If you are interested in volunteering at Re-Instate, or would like to find out more about what goes on at the charity, please call John on 01322 438155, or check out the website [www.re-instate.co.uk](http://www.re-instate.co.uk)