

Female Mencap Visiting Volunteer – Brent Knoll

About Mencap

Mencap is the leading voice of learning disability.

Everything we do is about valuing and supporting people with a learning disability, and their families and carers.

Our vision is a world where people with a learning disability are valued equally, listened to and included.

About this team

The Mencap visiting service (MVS) was launched in **1963** as a befriending service to adults with a learning disability for after their parents passed away.

Each volunteer is matched with a beneficiary, who they visit several times a year. All volunteers are supported by the MVS team

Why we need volunteers?

1.4 million people in the UK have a learning disability.

A learning disability is a reduced intellectual ability and difficulty with everyday activities which affects someone for their whole life.

People with a learning disability tend to have smaller social networks and their relationships are not as strong as those of people without a learning disability.

34% of adults with a learning disability have no more than yearly contact with friends.

MVS volunteers can reduce social isolation, expand networks and build friendships.

Come and join us in making this difference!



What will I be doing?

You will spend time with a local gentleman with learning disabilities, visiting him about 6 times a year.

The gentleman is 60 years old and really enjoys going to musicals, bowling and swimming. As well as watching films and staying in for a chat. He also loves being outdoors, walking and gardening and visiting the local pub. He would love the company of someone to enjoy these activities with.

You will be introduced and get to know the gentleman with the support of Mencap staff.

We believe that having a Mencap visiting volunteer will make a huge difference.

By simply spending time with this gentleman you can provide companionship and joy.

An enhanced DBS check will be required by all successful applicants.

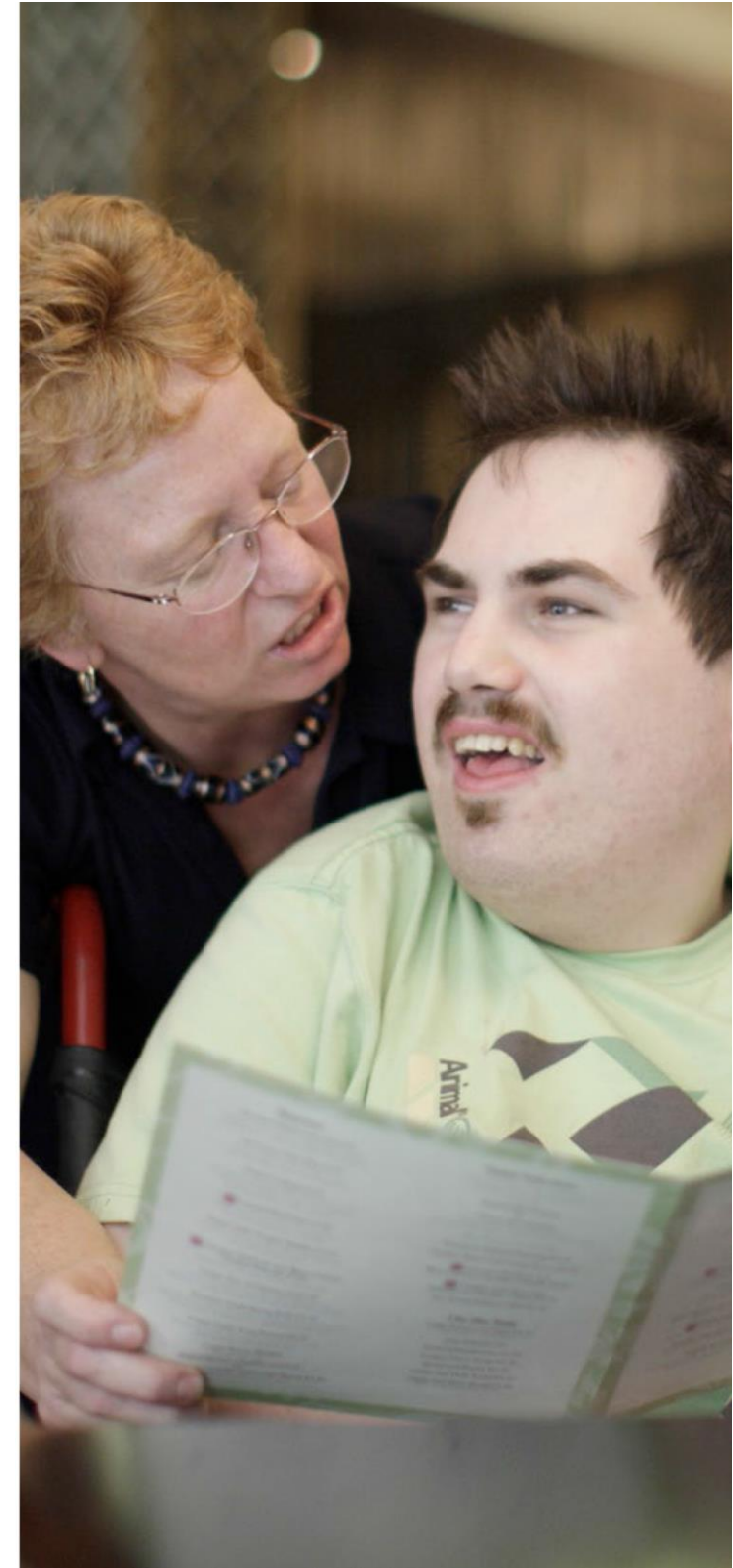
What skills do I need?

This role is for a volunteer who is passionate about supporting people with learning disabilities and who is looking for the opportunity to build a supporting relationship.

At Mencap we ask that all our volunteers are:

- Over 18 years of age
- Friendly and approachable
- Reliable and patient
- Interested in others
- Accepting of others who might be different to yourself
- Able or willing to learn how to manage challenging behaviour
- Willing to volunteer within guidelines and take direction
- Good at communicating and listening

A volunteer who can drive and would feel comfortable travelling with the gentleman in his car – would be preferred, but not necessary.



What days and times do I need to be available?

The gentleman attends a day centre five times a week so is looking for a visitor either after 3.30pm during the week or anytime on the weekend.

You will make 6 visits per year, and we would hope that you would be able to volunteer for at least 1 year.

What can I expect from Mencap?

As a Volunteer with Mencap you can expect:

- Induction to the service and volunteer role
- Relevant training
- A settling in period to make sure this is the right role for you
- To feel fully supported in your role
- Agreed out-of-pocket expenses to be reimbursed (e.g. travel)
- The opportunity to meet new people and be part of a diverse team
- The opportunity to learn new skills
- To feel appreciated and valued for my contribution



Volunteering with Mencap

“Volunteering with Darren has given me so much. I’ve improved my confidence and well-being, I can see how much he gets out of the sessions each week. I’m so proud of him because he’s worked so hard and is making a positive difference to his life.”

Lisa (Volunteer Progression Mentor)

“People might think volunteering for Mencap involves directly supporting people with a learning disability, but we use the skills we already have and give something back in a practical way. Volunteering helps keep us active and feeling young.”

Archie and Dave (Volunteer Handymen)

"I love volunteering and would recommend it to everyone. It's a great way to gain lots of experience, have fun and make friends. I also think I have made a lot of difference as a volunteer."

Lloyd (Events Volunteer & Programmes Team Support Volunteer)

Our Values

These values describe who we aspire to be and what we stand for:

INCLUSIVE

We are **Inclusive**. People with a learning disability are at the heart of everything we do.

TRUSTWORTHY

We are **Trustworthy**. When we promise something, we don't let people down.

Caring

We are **Caring**. We treat everyone with respect and kindness.

chALLENGING

We are **Challenging**. When we see things that aren't fair we will campaign until we see real change.

POSITIVE

We are **Positive**. We never stop believing in a better future and we celebrate what we are proud of now.

Does this sound like you?

If so, we'd love to hear from you – apply to volunteer with Mencap today!

