

# Volunteering Training

We are a third sector organisation, and rely on the goodwill and support of people like you to help us run our service.

Completing the 6 week course in An Introduction to Principles and Practices of Peer Mentoring, allows you to progress into a Peer Mentor role.

To become a Recovery Practitioner you would need to complete a 12 week Level 2 course: Supporting People in Recovery, which means you could then support others like yourself, on a one-to-one basis in the community, to help them stay on the road to recovery.

As well as helping us and the people we work with, volunteering could help you by:

Adding skills and experience to your CV and giving you the opportunity to meet new people and work for a new and exciting project in your local community.

\*All our volunteers are fully DBS checked

Want to get involved or learn about us?

Wolverhampton Office:  
**07949 290036**

Email: [info@thesocialhub.org.uk](mailto:info@thesocialhub.org.uk)

 [thesocialhub111](https://www.facebook.com/thesocialhub111)

 [@thesocialhub111](https://twitter.com/thesocialhub111)

[www.thesocialhub.org.uk](http://www.thesocialhub.org.uk)

CITY OF  
WOLVERHAMPTON  
COUNCIL



Starfish Services Limited (Registered Charity: 1146237)  
Starfish Health and Wellbeing (CIC 06904971)

Welcome to  
Wolverhampton  
SOCIAL HUB

SOCIAL  
HUB

The Social Hub logo, which consists of a white circle containing the words "SOCIAL" at the top and "HUB" at the bottom in blue capital letters. In the center of the circle is a graphic of five hands in different colors (purple, orange, green, blue, yellow) reaching towards each other.

# ABOUT US

Wolverhampton Social Hub is a new and exciting project with a refreshing approach to mental health and wellbeing. By helping to refocus attention on your social health and social life, you gain a mixture of benefits, such as enhanced social support, access to a range of peer-led activities and a general boost to your mental health and wellbeing.

**Social Programme:** We offer a wide range of recreational activities - walks, cinema visits, coffee mornings, day trips, and social outings, to help improve your social health. We also offer a number of support groups to help you maintain your mental health, such as Choose to Change, Create and Talk and the Wellness Club.

**Create and Talk and the Wellness Club.**

**What is social health?:** Well... it's about keeping active, going out, meeting people, making friends and having fun. It's about feeling comfortable in social situations and having the skills and confidence to enjoy life with others.

## Self-Support Groups:

Set up and run by people with lived experience of mental health difficulties (Peer Mentors). These are small and friendly groups to help you make that first step back "out there."

## Coffee Club/ Day Social Programme:

A weekly coffee morning aiming to improve social confidence and skills in a safe and friendly atmosphere, and the opportunity to engage in other activities in the day.

## Create and Talk:

A weekly art and crafts group to improve social confidence and encourage participation in creative activities for better wellbeing.

## Culture Club:

A programme of cultural activities for those who want to get out in an evening and weekend, we offer meals out, country walks, cinema, theatre etc.

## Choose to Change:

A wellbeing group run by qualified volunteer Recovery Practitioners with lived experience of mental health difficulties. We offer a dash of psycho-education and a whole lot of friendly social support to keep you going onwards and upwards in life.

**Did you know? :** Loneliness, isolation, lack of friends and lack of confidence in socialising, all have a detrimental effect on your mental and physical health. Well it's true and so we all have a duty to ourselves to maintain an active and healthy social life.