

H&S BRIEFING

For information

Issue Date: 30/06/2022
Title of Alert: Helping Hands Volunteer Recruitment
Information
<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>
Target Audience
<p>Heads of Service</p> <p>Managers</p>
Action to be taken
<ul style="list-style-type: none"> • Heads of service – Please ensure the information in this briefing note is cascaded down to all managers within your area of responsibility. • Managers – Please note the contents of the briefing note and bring to the attention of all of your employees.
<p>For further information and Stress Management and Counselling Advice, please Email: Karina.Rees@swansea.gov.uk</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 to express interest and to receive more information