



**PEOPLE
MAKE
GLASGOW**



Charter Launch – Video 1



Video from the InS:PIRE programme

<https://vimeo.com/140906267>

Charter Launch – Video 2



Derek Holliday, a volunteer peer advocate with Glasgow Homeless Network's Navigate programme talks about his experience of volunteering there

<https://youtu.be/WYqh7yD0pB8>



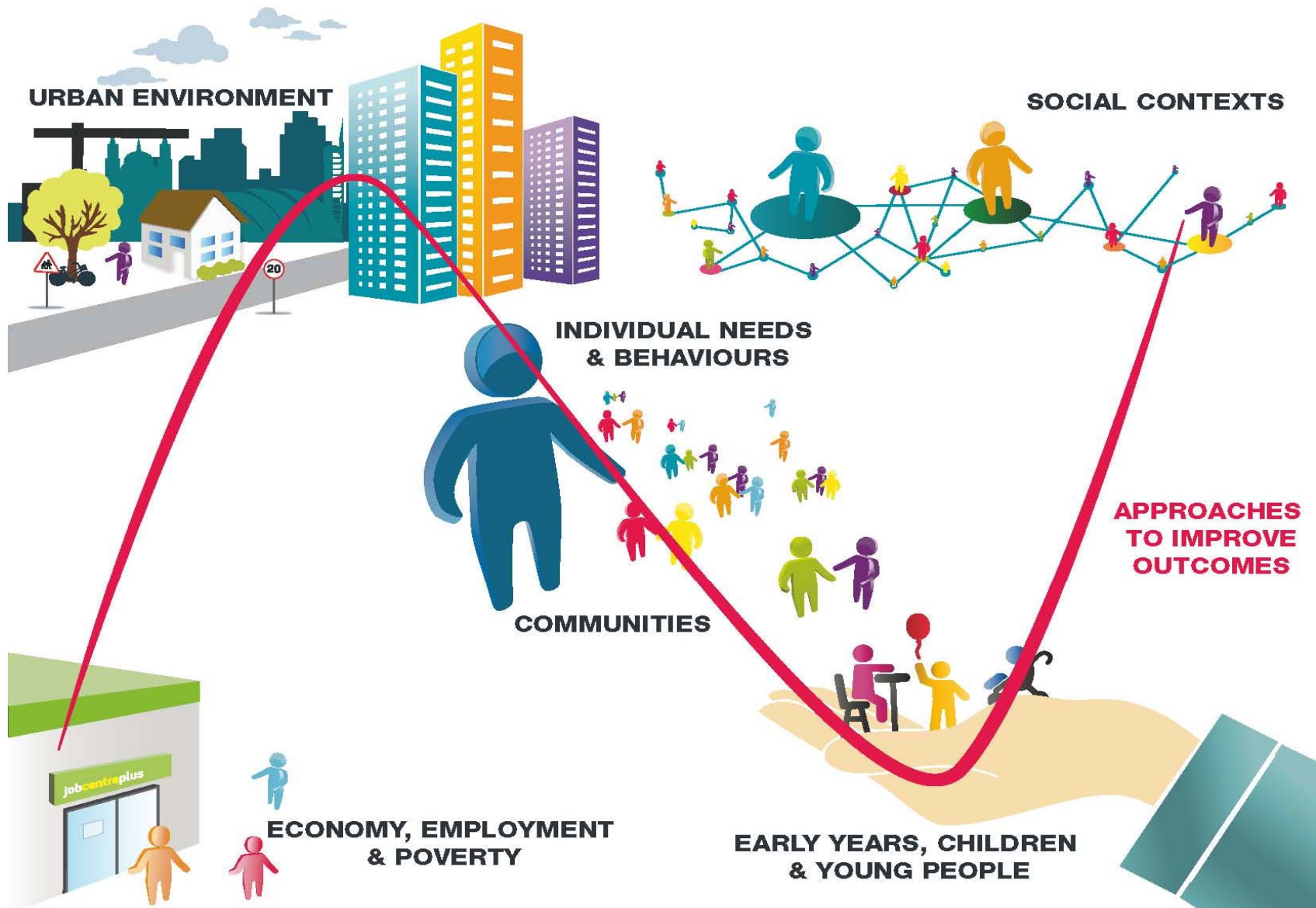
Now some slides as presented by Lorna Kelly from Glasgow
Centre for Population Health...

Why volunteering matters: Benefits for health

Lorna Kelly

Associate Director

Glasgow Centre for Population Health



Skills and Employability

Meaning and purpose

**Ways in which volunteering
has been shown to support
people's health and
wellbeing**

Social networks

Restorative participation

Skills and employability


- Gain and strengthen skills
- Transferable: communication, listening, teamwork and problem solving
- Routines and behaviours
- Positive destinations: Employment, training and further education

Helps me towards my exams for experience as a Coach/Instructor

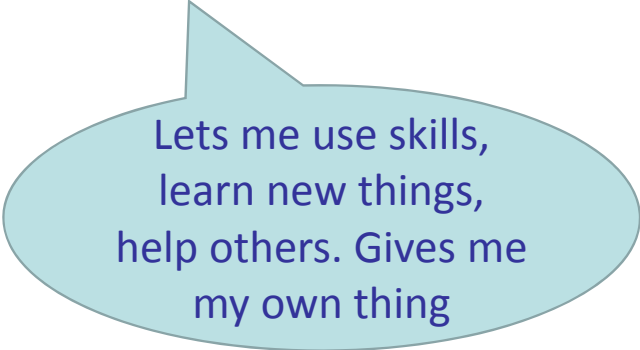
I can put that experience on my CV. I know I can do many things and I'm a very useful person

Meaning and Purpose

- Contribute to society in meaningful and rewarding
- Sense of purpose and structure
- Demonstrate their worth to self and community

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I really enjoy it, gives me a sense of purpose and makes me value my own good health and lifestyle.

A light blue speech bubble with a tail pointing towards the top-left.

Lets me use skills, learn new things, help others. Gives me my own thing

Social Networks

- Benefits of developing and broadening networks
- Overcoming isolation
- Positive friendships and relationships
- Mutual networks of support which underpin healthy communities

I get to socialise and meet new people as well as gaining some new skills and experience

Something to do, meet different people

Restorative participation



- Participating in projects as a route to overcoming health difficulties
- Developing capacities and capabilities
- Multiple challenges and complex difficulties
- Self esteem, confidence and belief in ability to change

It gives me a sense of achievement and makes me feel like a valued part of society.

Cycle of benefits

- Participants value 'giving something back' to a project which has helped them
- First steps – can lead to other things which benefit health
- Benefits for colleagues

The positive energy and enthusiasm that transpires from the volunteers is inspiring

I wanted to be able to help somebody else feel better. It's nice to give something back.

Volunteering
“Helping out”
“Supporting”

It all matters

Charter Launch – Video 3



A short version of the Host City Volunteers Film from the 2014 Commonwealth Games.

<https://youtu.be/EIOiVLAAkJI>

Charter Pledges



Pledge 1 - Create and expand appropriate opportunities for volunteering within your organisation

and/or:

Pledge 2 - Ensure your opportunities are accessible to all sections of the community, and that your volunteering workforce reflects the demographics of the city

and/or:

Pledge 3 - Facilitate and enable your staff, members and/or service users to undertake volunteering activity which improves their wellbeing and benefits Glasgow. (*Phase 3*)

Charter Phases



Phase 1 *(June-November 2016)*

- Pledges 1 & 2
- 30 target organisations sign up
- Registrations of interest open to everyone else

Phase 2 *(November 2016)*

- Roll-out of Pledges 1 & 2 to more organisations, based on what we've learned in Phase 1

Phase 3 *(2017)*

- Roll-out of Pledge 3

Charter Process



1. Register an interest in signing up
2. Sign up to the Charter
3. Agree to Charter Signatories' Commitments
4. Receive Charter Mark

Charter Support Services



- Online resources at www.volunteerglasgow.org/charter
- Named contact at Volunteer Glasgow
- Charter Workshops

www.volunteerglasgow.org/charter

#GlasgowCharter



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glasgow**



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