



# WELSH BACCALAUREATE

## Advanced

Community Challenge  
Social/Welfare  
(Royal Volunteer Service)



**Available for assessment from January 2017**

## Helping end loneliness in older people by providing social and practical support

### PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit a community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

### BRIEF

An active social life is an important part of anyone's wellbeing. Unfortunately as people age there is a risk that they become more isolated. This can impact on physical and emotional health. Having a visitor or help getting out and about can make a huge difference to an older person's life. Good neighbours provide a range of comprehensive services with the aim of increasing confidence and community cohesion.

One of these services is the Good Neighbours service, where volunteers will "do anything a good neighbour would do". Each relationship is individual and what the volunteer does differs in each instance. Basic support can range from a social visit for a cup of tea to a friendly phone call. It may even mean a lift to the GP or making enquiries on their behalf to join a local lunch club. Other older people may need further support, such as signposting to other organisations or practical support such as help with shopping. You'll be matched with an older person based on your preferences, location and age.



In order to prepare volunteers for their duties they must complete bespoke Good Neighbours training (both online and in person). Ongoing training opportunities are always available to RVS volunteers and all reasonable expenses are paid. All volunteers receive individual and group supervision to provide emotional support and ensure service-users are safeguarded.

Students committing to the RVS as part of their Welsh Baccalaureate are asked to complete a minimum of 30 hours as a Good Neighbour in their local community.

### Resources:

<http://www.royalvoluntaryservice.org.uk/hubs/1282-ynys-mon-and-gwynedd>

### Contact:

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