



WELSH BACCALAUREATE

Advanced

Community Challenge

Social Welfare

Positive Steps

Camau Cadarn
Positive Steps



Available for assessment from April 2017

Positive Steps Available in Newport, Cardiff and the Vale and Merthyr areas

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

Helping support older people regain and maintain their independence by providing social and practical support

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. Positive Steps provides the opportunity for an individual to take charge of their situation and, with support from a volunteer, become more independent and live a more fulfilled life.



Positive Steps is a collaboration between two major charities: **British Red Cross** and **Royal Voluntary Service**. The project is bringing the two charities together to support people over 50 years of age, who are experiencing loneliness or need to access support in their own community.

Each relationship is individual and what the volunteer does differs in each instance. Support can be provided through a social visit, an outing to the shops, park, garden centre etc. or supporting them to join a local lunch club, social club etc. You will 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 **Positive Steps** training online or via booklets. 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 **Positive Steps** Volunteer in their local community.

Resources:

<http://www.royalvoluntaryservice.org.uk>

Contact Details:

Cardiffvalehub@royalvoluntaryservice.org.uk

02920 027855 or 07436 799608

Facebook - cardiffvalemerthyrRCT