

Able2enable takes a holistic approach to support individuals to develop key life skills, improve wellbeing and increase employability skills. We work to encourage individuals to grow within their own capabilities by providing them with coaching and wellbeing support, training opportunities and supported volunteering placements.

We offer each individual a tailored approach that explores the areas for personal development that the individual would like to focus on. This could include building confidence, developing self-esteem, communication skills, employability skills

What is supported volunteering?

Volunteering should be accessible and open to all individuals that want to get involved. Sometimes people need a bit of extra support to volunteer and overcome barriers such as a lack of confidence and motivation, difficulty communicating, problems completing application forms or anxiety about travelling to unfamiliar venues and meeting new people. Supported volunteering refers to volunteering opportunities that have support structures in place that support individuals with their specific needs.

Through the Able2enable project we aim to:

- Improve wellbeing
- Develop Confidence and Self-Esteem
- Inspire and enable anybody to volunteer and take an active role in their community
- Help individuals to develop their skills and enhance their potential
- Promote volunteering as an activity for everybody.
- Help individuals to develop clear goals.
- encourage individuals to gain skills to get closer to the workplace

We believe that:

- Everyone has skills and abilities to offer to their community
- Everyone has the right to participate
- No one should live in isolation
- Volunteering is for all
- Volunteering empowers people
- Volunteering benefits the whole community, the individual and the voluntary sector
- Everyone may need support at some point in their lives to access and become an active part of the community
- A strong and resilient community is inclusive and diverse

Who do we support?

We support any individual that would like to improve wellbeing and would like to see how volunteering could help achieve that. We work across the areas of St Albans, Hertsmere, Welwyn Hatfield, Broxbourne and East Herts. Our client group is extremely varied and includes:

- People with learning disabilities.
- People with physical disabilities and long-term health issues
- People experiencing mental health challenges
- People on the Autistic spectrum
- People whose first language is not English
- Refugees
- People at risk of homelessness or homeless
- Long term unemployed, stay at home parents
- People with criminal records
- People who suffer isolation due to multiple reasons
- People with addictions
- Anyone who is facing challenges.

What to expect?

We provide a tailored support to the individual's needs through a range of services. This includes:

One-to-One Wellbeing and Skills development sessions.

These sessions use coaching and self-development techniques to work on improving wellbeing and self-esteem. We will look at exercises that explore setting goals, building resilience and other skills. These one-to-one sessions will take place in person and help you to feel ready and confident to take the next steps towards your goals and volunteering.

One-to-one interviews online, by phone or face to face

Each applicant has the chance to discuss volunteering opportunities and the barriers they face to volunteering in a comfortable, safe environment. We give people the time and the support needed to truly analyse their preferences and skills. It can be overwhelming when looking at how many volunteering opportunities there are out there. We support you to investigate your real potential and address the issues which may have been stopping you volunteering before. We are also able to offer:

- Support with applications,
- Help with preparation for interview
- Help to develop an action plan and acknowledge individual objectives
- Signpost to partner organisations when beneficial to our clients

We aim to keep in touch with our clients in order to act as a point of reference for any further advice.

Group workshops and presentations

We are often invited to introduce our work to partner organisations, such as schools, health and social care services and other local groups to encourage their clients to get involved.

Training opportunities and "get ready to volunteer" workshops

We will offer workshops developing skills related to volunteering to help prepare you for the world of volunteering. These will focus on overcoming the barriers and

enabling those further away from volunteering to build their confidence and resilience. We aim to give our participants the tools they need to access the voluntary sector at a pace that suits them.

Volunteer buddy system

Some clients may find it beneficial to have a volunteer buddy to help support them into their volunteering role. We will partner up supported volunteers with a volunteer buddy for a limited time to help the individual to settle into their new role.

Supported volunteer placement

We help the individual to find a suitable supportive volunteer placement that is relevant to their interests and help them apply for this, we continue to support the individual when they have started their placement.

How to get involved?

You can find our referral form at the following link

For more information and to get involved in the supported volunteering project please contact Anna Leyden our Supported Volunteering Facilitator by emailing: able2enable@communities1st.org.uk or phoning: 01727649953.