

Finding meaningful things to do

Volunteering and working



Volunteering and working are seen as aspirational to being independent and having status in the community

What did we find?

Engaging in a wide variety of volunteering and work experiences – retail, catering, gardening, cleaning and office work

Taking opportunities to work in advocacy groups and volunteer centres

Gaining valuable experience and skills to get a paid job – but these are hard to find!

What learning is involved?

Wide range of vocational and specialist skills and knowledge

Social and 'soft' skills such as communication skills

'Ready for Work' training courses at college

What more can be done?

Matching aspirations with opportunities

Encouraging and supporting people to progress within work and volunteering roles

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I got the paid job. I used to be a volunteer first, then I said I wanted to get paid.

Self-advocate

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