

A warm welcome to the Befriending Forum 25 June 2024

To Ready Friends old and new!

Rhiannon Stocking-Williams,
Ready Friends Coordinator



The Earley Charity



Housekeeping & info for today's session





Introductions





Who are we?



Working together with organisations
across Reading to improve the lives of
local people

Our work aims to:

- **Encourage** volunteering and social action
- **Support** the voluntary sector to grow and thrive
- **Connect** communities in Reading
- **Reduce inequalities**

What do we do?

Advice Service



Community Wellness
Outreach



Equality, Diversity and
Inclusion

Get On-line

Reading Community Lottery

Ready Friends



Social Prescribing

Training



Volunteering Service
Find out more here



Today's programme

The voice of the volunteer

1. Welcome, introductions and event outcomes
2. Volunteer voices from Age UK Berks, Me2Club and Torch
3. Small group workshop and feedback
4. Forthcoming training, updates, news etc
5. Networking time!





Outcomes from today's Forum

- Have heard from a range of volunteers in roles that help reduce loneliness and promote social connection
- Understand what works well (what what doesn't!)
- Understand what support volunteers need to undertake their role
- Events and training coming up





Volunteer voices

- Age UK Berks - Christina Gilbertson and Brian
- Me2Club - Rose Hawker
- Torch - Maureen Burton and Mark Oliver



Workshop in table groups

- What do volunteers need and appreciate to support their role?
- What does your group/organisation do particularly well with regards to volunteers supporting people facing loneliness?
- What would you like to do more of but can't - what's stopping you (as a volunteer, coordinator, manager etc)?





Feedback from breakout sessions





joy

Invitation to a Joy Marketplace Information Session

- What is Joy? Please [CLICK HERE](#) for an overview.
- What is the Joy Marketplace?
- How does it benefit services users?
- How does it benefit health and wellbeing staff, volunteers and service managers?
- Customising it to meet your group's needs
- Safeguarding and due diligence checks
- How do groups register?
- Where can I find out more?



If you would like a one-to-one session (in-person or on Zoom) with Rhiannon from RVA, please email rhiannon.stocking-williams@rva.org.uk or phone 07485 327958



joy



Free training for frontline VCS staff and volunteers



Sessions will include the following:

- ADHD / autism spectrum condition awareness 11.9.24
- **Alcohol – Brief Interventions 22.5.24**
- Dementia awareness 22.1.25
- Equality, diversity and inclusion (two half-days) TBA
- Learning disabilities awareness PART 1 13.11.24 & (optional) PART 2 18.11.24
- Managing healthy boundaries 9.4.25
- Menopause awareness TBA
- Making Every Contact Count 12.3.25
- Mental health first aid (2-day course) 12.2.25 & 26.2.25
- Motivational interviewing and behavioural change (whole day CPD accredited) 9.10.24
- Safeguarding Adults 17.9.24
- Time management TBA

Places are limited to 20 per session. Most sessions will be from 9.30am to 1pm on Wednesdays between March 2024 and May 2025.

To find out more and book onto sessions, please keep an eye on our [Training Page](#) where we will be posting them.

www.rva.org.uk/ready-friends





Community Wellness Outreach

- The Community Wellness Outreach (CWO) project runs in Reading to the end of June 2025, offering opportunities for the community to receive a free NHS health check and advice to improve their health.
- The partnership is funded by the Integrated Care Board (ICB) to pilot outreach activities which reduce health inequalities for our most vulnerable communities.
- The programme is open to all, but people at risk of developing cardiovascular conditions are a priority.
- RVA is working with specialist nurses from Meet PEET (Royal Berkshire NHS Foundation Trust), GP surgeries, the Primary Care Alliance, and voluntary sector partners, to run health and wellbeing outreach sessions in community settings across Reading. Reading Borough Council is providing project governance and support.



FREE HEALTH CHECKS

COMMUNITY WELLBEING EVENTS NOW ON AT VENUES ACROSS READING

Find out more about local activities and support available to you, and get a free health check from NHS staff that will help spot if you have any early signs of:

- STROKE**
- KIDNEY DISEASE**
- HEART DISEASE**
- TYPE 2 DIABETES**
- DEMENZA**

For more information, and to book an appointment, visit: rva.org.uk/cwo

For any questions, and help with booking, call 0118 304 8841

Spoken translation is available when you call.

You are eligible for a health check if you:

- Are aged 18 years or over
- Live in Reading, Wokingham or West Berkshire.
- Have not had an NHS health check in the last 5 years.

A community healthcare initiative provided by:



Community Wellness Outreach

Can you help your community to attend?

- Do you know people who might benefit from the outreach sessions? The sessions are particularly focused on people who may not attend for an NHS Health Check at a GP surgery.
- People can book an appointment online or drop in to sessions across Reading. Find out more at www.rva.org.uk/cwo

Can you host an outreach session?

- Can your organisation or group host a one-off or occasional outreach session for the benefit of your community or members?
- Funding is available to cover your costs, the venue and other expenditure to help support people to attend.
- Please email advice@rva.org.uk for more information.

Do you offer activities that are good for the heart?

- RVA is keen to hear from you. Small grants are available to support activities or to cover the cost of new and needed projects. Please email advice@rva.org.uk for more information or to express an interest.



What is First Steps towards Safe and Sound?

- Free tool for groups
 - First Steps for good governance
 - Checklist and resources
 - Confidence you have the basics in place
 - Easily show to funders, partners, supporters
-
- You can book onto any of the following introduction sessions. We run these monthly on the third Thursday from 1pm-2pm, and alternate between in-person / online:
<https://rva.org.uk/training/rva-training/>
 - Any more questions email info@rva.org.uk



Updates, training, news and events

- [Thursday 18 July](#) - Introduction to First Steps towards Safe and Sound – in-person session
- [Wednesday 11 September](#) - ADHD & autism spectrum condition awareness training (free) for frontline staff and volunteers
- [Thursday 12 September](#) - Volunteer Coordinators Network
- [Thursday 12 September](#) - Community Buildings Forum
- [Tuesday 17 September](#) - Safeguarding Adults Training for charities and groups
- [Tuesday 24 September](#) - Bite-size Volunteer Management – “Keeping it Legal”





AOBs

**Your news – notices - emerging
community needs**

Feedback forms, please!





Thank you for contributing to today's Befriending Forum.

See you on Tuesday 24 September 2024, 1-3pm, 3rd Floor, Reading library.

