

# Inspired Volunteering

## February & March 2025

Welcome to the latest edition of our volunteer newsletter. This newsletter throws a spotlight on our volunteers, volunteering activities and employees who support volunteers across Inspire North.

If you have anything you would like to include in the next edition please email us at [volunteer@inspirenorth.co.uk](mailto:volunteer@inspirenorth.co.uk).



# February & March Edition

In this edition we talk about the exciting amalgamation of the three Community Benefit Societies.

Introducing Bradford Dementia Hub and their volunteering initiatives.

We throw a spotlight on our CLEAR service and some of it's volunteers

We talk about Volunteering and looking after your wellbeing.

As well as the usual resources and training available and current volunteering opportunities.

# Amalgamation to Inspire North

In our October edition of Inspired Volunteering we talked about how Inspire North, Community Links and Foundation had all become Community Benefit Societies (CBS) and what this meant for the three organisations. We also mentioned that following this the three organisations would be amalgamating into one CBS.

This is now set to happen on the **31st March 2025** when the organisations will come together and be known as **Inspire North CBS**.

This is an exciting time for us as we consolidate so that we can be stronger and more sustainable for the future.

## **What does this mean for you?**

For volunteers, it will have very little impact day to day other than the name of the organisation under which your service sits. You will notice that our branding changes as we launch the amalgamated organisation with a new logo and branding.

We are pleased that you can be part of this journey with us as we celebrate a new chapter for the organisation.



# Introducing....



## Bradford Dementia Hub

**Bradford Dementia Hub opened in September 2024 and it's volunteering has been growing from strength to strength.**

My name is Chris and I am delighted to have joined the Bradford Dementia Team as the Volunteer Coordinator. I bring a wealth of experience from working in the Police, specifically in safeguarding/public protection/criminal justice/offender management and partnership working.



Our volunteer numbers have grown since we started with around 6 new volunteers due to start soon, but I'd like to introduce our first Angela.

Hi I'm Angela and feel delighted to be joining the Bradford Dementia Hub family.



I have previously been employed as a Social Worker for nearly 28 years, and when I retired from the public sector I decided to start my own business.

Volunteering for 54 years, I've supported people with disabilities or special needs. I'm also trained to work with dementia and Alzheimer's sufferers and provided a sitting service to give some much needed relief to their loved ones.

Find out more at their website -

**<https://bradforddementia.com/careers-volunteering/>**

# SPOTLIGHTING OUR VOLUNTEERING

## CLEAR



This edition we are putting the spotlight on the Community Links Engagement and Recovery Service (CLEAR) based in Huddersfield.

CLEAR offers dynamic, creative and inspiring groups and courses to support it's clients with their mental health and wellbeing.

CLEAR has a number of volunteers who help support the service and it's activity groups.

Our experienced and skilled team members bring their own individual strengths and passions to enrich the service, ensuring our clients receive personalised support tailored to their needs. We offer an exciting range of groups and activities throughout the week and on weekends in service at Huddersfield, alongside regular groups at locations across North Kirklees.

We also run a wide range of courses and workshops throughout the year on a number of wellbeing related topics.

Visit our [\*\*CLEAR groups page\*\*](#) for more detailed information.



# SPOTLIGHTING OUR VOLUNTEERING

## Basema – CLEAR Volunteer

It was **Two years** this January since Basema joined CLEAR as a volunteer having been recommended by an organisation we partner with called I-ask.

Basema wanted to build on her understanding of Mental Health and add to her many skills with people, connections and creativity.

Volunteering in an open community based mental health setting was a new experience for Basema .

Basema volunteered on lots of different groups then settled on 'Saturday Creative' where she has supported clients with compassion and empathy teaching Crochet, helping new clients settle in.

Basema is also a very busy Mum! As well as her volunteering she has been constantly studying English & Maths, proficient to a high level.

"Basema has been amazing to work with, she is such a great presence to be around. Basema is beyond relatable and natural with each client- she gives clients the time and space to be themselves."



*Thank you*

# SPOTLIGHTING OUR VOLUNTEERING

## Jinette– CLEAR Volunteer



From the get-go, Jinette immediately got stuck in attending In-House training workshops and attending different client groups, meeting lots of CLEAR Clients and Staff.

Jinette helped start and facilitated a brand-new music group called 'Beat the Monday Blues' which she then regularly attended.

**"It's so special to be a part of something this positive and to see the impact it creates on clients."**

Jinette is a busy mum. As well as CLEAR, she volunteers at her local community centre supporting people with dementia, and has experience on wards as a Rehabilitation Assistant and worked for many years as a Therapy Assistant with Kirkwood Hospice. Jinette is currently studying a Level 3 Counselling Diploma.

Jinette has been involved on other one-off activities including a Museum & Barge Trip delivering the very best service to all who need supporting. Jinette is a natural with people, putting clients at the forefront of her approach in her volunteer role.

**THANK  
YOU**

# Volunteer Wellbeing

With everything that is going on in the world at the moment it can be a tough time for our mental health. One in four people in the UK will experience a mental illness at some point in their lives.

Good mental health is sometimes the reason that people give for volunteering with a sense of wellbeing that can be gained from 'giving something back' or helping others.

Across Inspire North we take mental health and wellbeing seriously. As such we have made the **Care First** service available to all our volunteers.

Volunteers are an important part of our community, and we believe in ensuring you have the support you need to thrive when supporting our work. By offering you access to Care First, we hope to provide additional resources to help you maintain balance, manage stress, and improve overall well-being.

Care First provides **a range of free services** designed to support your emotional, mental, and overall well-being. This includes **counselling services, stress management resources, and other helpful tools to navigate personal or professional challenges.**

If you wish to use the service you can contact their confidential helpline **24/7** for guidance at **0800 083 33 75**. Alternatively, visit their website for a range of resources related to health and well-being: **<https://carefirst-lifestyle.co.uk/>**

Username: lifestyle1234 Password: carefirst





# Resources and Training

## Access to Care Skills Academy



### Are you making the most of Care Skills Academy?

All volunteers have free access to the many online courses available through Care Skills Academy.

You can browse all the available courses here:

<https://careskillsacademy.co.uk/our-courses/#courses>



Also available, access to the Care Certificate.

If you are looking to start a career in Health and Social Care this is a great place to start whilst combining your volunteering experience.

**For more information on training opportunities  
please speak to our Training team at  
[training@commlinks.co.uk](mailto:training@commlinks.co.uk)**

# Opportunities

We are always looking for new volunteers and new roles become available all the time.

To view and apply for our current volunteer opportunities please visit our website at:

<https://www.inspirenorth.co.uk/careers/volunteering/>

Our current available roles are:

**Volunteer Driver for Young Dementia Leeds**



**Admin Volunteer for Doncaster CLASS**



**Artist/Musician/Performer Volunteer -  
Bradford Dementia Hub**



**Keep in Touch/Client Voice Volunteer -  
Bradford Dementia Hub**



**Awareness Raising Volunteer -  
Bradford Dementia Hub**



**Social Media/Communications Volunteer -  
Bradford Dementia Hub**

# Future Articles and Spotlights

If you want to spotlight a fantastic volunteer or tell us about the amazing activities you've been getting involved with please send an email to **[volunteer@inspirenorth.co.uk](mailto:volunteer@inspirenorth.co.uk)** and we will include your stories in future newsletters.

**Please share this newsletter with clients, volunteers and anyone else interested in volunteering across Inspire North!**

