



Your time,
your words,
your presence

swish

Support & Wellbeing
Information Service Harrow

Your guide to daily



5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



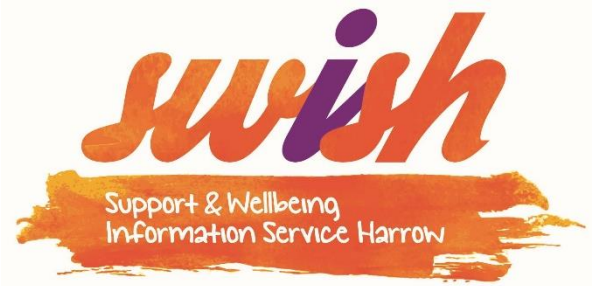
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



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Give a little, get a lot... volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Tips



Happiness: Research shows that individuals who spend more time helping others are more likely to rate themselves as happy.

Kindness: Research has also shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing. You don't have to have money to help! The most valuable thing you can give is your time and attention.

Pleasure: Giving to others releases serotonin, activating the part of our brain that is associated with trust, pleasure, and social connection.

Case Study

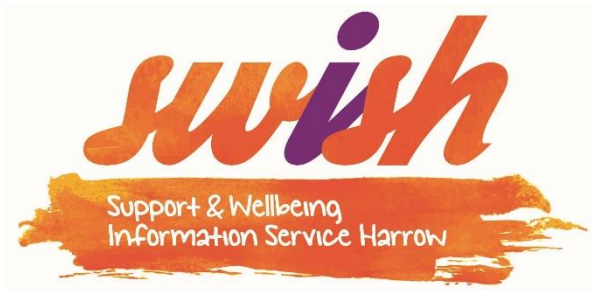
Leroy had been working continuously at a high powered job since he left school which was difficult and demanding.

Leroy unfortunately found himself a victim of bullying within the organisation and struggling to manage an ever growing workload, which heightened his feelings of anxiety and depression. As a result, Leroy decided to leave the job to focus on his wellbeing. After a period of accessing NHS talking therapies and increasing his physical activity, Leroy accessed the Harrow Community Network website and found a volunteer role that interested him. He found giving his time to the organisation, and the community at large, a rewarding endeavour. After a period of time, Leroy felt ready to return to regular employment but ensured to keep his healthy habits of asking for help when needed, exercising and giving back to the community to manage his self-care.





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How to find volunteer roles

If you are looking to offer your time and effort in a volunteer role, perhaps begin by reflecting on what your interests are and what skills you have to offer or are looking to build. Good starting points for locating volunteer opportunities are Voluntary Action Harrow Co-op (www.voluntaryactionharrow.org.uk) and www.do-it.org.

Additionally, charities most often have their own website that can be accessed for relevant and up-to-date information. But maybe you prefer to pop-in to a local charity shop and ask a member of staff how you can get involved – this is also a great option. If you find a role you are interested in applying for, you may need to visit the organisation's website and download or print off an application form. And be mindful, that depending on the type of role, a criminal record check may be requested. Keep reading for further opportunities to give.

Local & London-wide Opportunities to Give

Do-It volunteering website

Do-it.org lists over 1m volunteering opportunities that are posted by volunteer centres, national/local charities and voluntary groups.

www.do-it.org

Reach Volunteering

Our online community inspires people to use their skills for social good. These volunteers share their skills as trustees, advisors or mentors, carrying out short term projects or ongoing operational roles. Our service is free to volunteers and to most charities.

www.reachvolunteering.org.uk

Voluntary Action Harrow Cooperative volunteer centre

V.A.H.C. is working with local organisations to identify, develop and upload volunteer opportunities to the Team London & Do-It volunteering website. You can join the Volunteer Network, if you sign up we'll email you a newsletter every two weeks with local volunteer opportunities you can get involved with. Volunteer in Harrow and West London (Brent, Hillingdon, Ealing, Hounslow, Hammersmith & Fulham).

T: 020 8861 5894 | E: contact@voluntaryactionharrow.org.uk

www.voluntaryactionharrow.org.uk



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Volunteering for Change

This programme offers you the chance to gain real life working experience, within a friendly and supportive environment. We will empower you to develop new skills and identify your existing abilities by putting them to practical use. The service is for individuals within the Harrow Borough over the age of eighteen.

T: 020 8515 7869 | E: a.vadera@mindinharrow.org.uk

<http://www.mindinharrow.org.uk/volunteering-for-change.asp#.W0x0SdVKjcs>

Local ways to give

Harrow Community Network

Directory of Harrow specific volunteering opportunities. The directory lists volunteer opportunity links from multiple volunteer resources.

www.harrowcn.org.uk

Charity Shops

Harrow is home to many different charity shops. The shops help raise funds to support the work of the charity in their specialised area of expertise. Many of them, if not all, offer a wide range of volunteering opportunities within the store, like working on the till, window dressing or sorting donations. Often you can pop-in to the store and make an enquiry. Or sometimes you can complete online applications.

Here is a link to a directory of Harrow charity shops. It includes store addresses, maps and photos.

<http://www.harrow.org.uk/charity-shops/>

Harrow Heroes

The awards honour local people and teams for the amazing work they carry out to make a difference to others and their community, often without the recognition they truly deserve. It is an opportunity to say thank you to your local heroes. You can download a nomination from the Harrow Council website.

Harrow's Heroes Awards, Harrow Civic Centre, Communications Team
Middlesex Floor, Station Road, Harrow, HA1 2XY

E: harrowsheroes@harrow.gov.uk

http://www.harrow.gov.uk/info/200251/community_and_living/1766/harrows_heroes_2017



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'Be Active' ways to give

Green Gym

Green Gyms are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. Unlike other conservation projects, the emphasis is very much on health and fitness - volunteers warm up and cool down in preparation for a range of light to vigorous activities to suit all abilities. Green Gyms enhance mental wellbeing through increased contact with nature, the social benefits of group activity and helping people contribute something positive to their community.

www.tcv.org.uk/greengym

Harrow Health Walks

From volunteer walk leaders to admin and promotion roles, our volunteers do fantastic work to ensure as many people as possible enjoy and benefit from walking. We'd love for you to be a part of that too. Whether you're a keen walker, you're looking to start getting more active or you want to develop your administrative skills, we've got opportunities for everyone.

E: publichealth@harrow.gov.uk

www.walkingforhealth.org.uk

'Take Notice' ways to give

Community Champion

The Community Champions Scheme is a joint initiative between Harrow Council and the Metropolitan Police. Community Champions are volunteers whose role is to inform us about everyday street level nuisances so that these issues can be speedily resolved, including: litter; graffiti; fly-tipping; noise; defective street lights. They can report to us via our website, by email and by phone.

Civic Centre, Station Road, Harrow, HA1 2XY

T: 020 8901 2666 | E: communitychampions@harrow.gov.uk

Harrow Parkrun

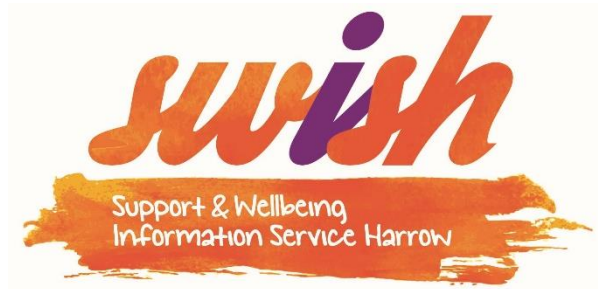
As a volunteer you are the eyes and ears of parkrun. You could be organising the finish funnel, operating the timer, or scanning the runners' barcodes with our simple barcode readers; we try to start people out on a general marshalling type job, so they get a feel for how we operate. But if you really want to do something in particular, please let us know and we'll see what we can do.

E: harrowhelpers@parkrun.com

<http://www.parkrun.org.uk/harrow/volunteer/>



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Harrow Recreation Ground Users Association

The organisation is a voluntary group of users of the park who organise free events in the Harrow 'Rec'. There are opportunities to become a member of the group whereby you can give valuable input on the use of and improvements to Harrow Rec. Membership costs £5 per household per year.

www.harrowrec.org.uk

'Keep Learning' ways to give

Headstone Manor and Museum

There are a range of ways in which volunteers can get involved, some roles are flexible and can be quite short, others are set to regular hours and can continue indefinitely. Volunteer roles include working as a steward in our Manor House, with our collections or education team or even as a gardener, as well as many other things.

T: 020 8863 6720 | E: info@headstonemanor.org

www.headstonemanor.org/contact-us/be-a-volunteer/

Healthwatch Harrow

We believe that Health and social care is better when the system involves people in decisions about their treatment and care. Healthwatch Harrow is here to make sure that health and social care providers listen to people's views and experiences and act on them. All existing and new volunteers will be given the necessary training and support. Contact us to get involved and to make a difference today.

T: 020 3432 2889 | E: info@healthwatchharrow.co.uk

<http://www.healthwatchharrow.co.uk/>

Heath Robinson Museum

Our permanent exhibition tells the full story of Heath Robinson's artistic career with original artwork and other items. Open from 11am-4pm on Thursday-Sunday. We need all sorts of skills for our volunteer roles, so do put yourself forward with what you can offer and the sort of thing you would like to do.

Pinner Memorial Park, West End Lane, Pinner, HA5 1AE

T: 020 8866 8420 | E: welcome@heathrobinsonmuseum.org



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'Connect' ways to give

London NW Hospitals voluntary services

Volunteers are placed in a wide variety of roles within the hospital. Our volunteer roles include, Meet & Greet, Patient Companions, Mealtime Assistant, Administrative Support, Chaplaincy and Voluntary Cars. Our volunteers are based across our four hospitals: Central Middlesex Hospital in Park Royal, Northwick Park Hospital and St Mark's Hospital in Harrow and Ealing Hospital. Our volunteers come from all walks of life, from a variety of different cultures, ethnicities and communities and are aged between 18 and 95.

E: LNWH-tr.voluntaryservices@nhs.net

www.lnwh.nhs.uk/about-us/patient-experience/volunteering-for-us/

Radio Harrow

We are a community radio station focusing on health and well-being for people living in and around the London Borough of Harrow. As well as community broadcasting, the charity also provides a daily patient visiting service. Radio Harrow is dedicated to serving the local community through patient visiting service, community focused broadcasting and attending local events. Complete an online volunteer application form via our website.

E: contactus@radioharrow.org

<http://www.radioharrow.org/join/>

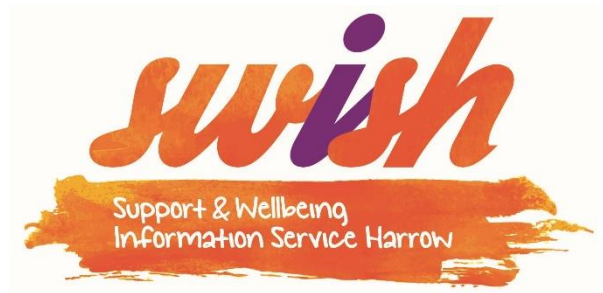
Volunteering with faith and spiritual communities

Many faith and spiritual communities have volunteer opportunities and varied schemes to get involved with, perhaps joining a team or group that helps to run services offered by the church for the benefit of the whole community.

Many of these organisations will have a website explaining what activities are available. Alternatively, you could pop-in and express your interest to get involved and enquire what opportunities might be accessible and of interest to you.



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Please call Mind in Harrow on 020 8426 0929
for a large print version of this factsheet or a summary translation.

Mind in Harrow's Mental Health Information Service is a part of SWiSH, a consortium of five local charities, offering the local Care Act Information & Advice Service for Harrow residents, funded by the Council. www.harrowca.org.uk

This factsheet was produced by

Mind in Harrow

Mind in Harrow, First Floor, 132-134 College Road, Harrow, HA1 1BQ
T: 020 8426 0929 | E: info@mindinharrow.org.uk | W: www.mindinharrow.org.uk
Registered charity number 1067480

Visit Mind in Harrow's website for our Mental Health Directory
<http://directory.mindinharrow.org.uk/>

Easy to use searches for over 100 Harrow services, including counselling/therapy, specialist NHS services, minority ethnic community organisations, support for carers, benefits & housing and self-help groups. Over 20 Harrow factsheets on topics such as schizophrenia, sleeping problems, self-harm and depression. Also, if you can't find what you are seeking in Harrow, the directory has around 100 National organisations which may be able to help.