



If: Volunteering for Wellbeing

Organisations	IWM North, Manchester Museum / Museum of Science and industry
Title of Case Study	<i>If: Volunteering for Wellbeing</i>
Case study	<p><i><u>if: Volunteering for wellbeing</u></i> 2013- 2017 was a unique partnership project delivered by IWM North, Manchester Museum and Museum of Science & Industry. The programme supported individuals into learning and volunteering and away from social and economic isolation. Recruitment was targeted towards individuals with non-severe mental health issues, long term unemployed, young people, over 50s and ex-service personnel. The projects main aim was to help people gain confidence, work experience and new skills to improve health and wellbeing.</p> <p>The project engaged with over 250 people who embarked on an accredited ASDAN short course for volunteering. The training developed heritage knowledge, customer service skills, team building and communication skills. On completion of the course individuals were offered voluntary placement at one of the partner venues. These included: Peoples History Museum, Manchester Jewish Museum, National Trust: Dunham Massey, Manchester City Galleries, the Whitworth Art Gallery and Ordsall Hall.</p> <p>Trained volunteers provide excellent customer service within our galleries; volunteers deliver object handling, meeting and greeting, support art & crafts and guide visitors through our unique venues.</p> <p>To evaluate the project we used a Social Return on Investment methodology, we wanted to find out how the programme contributes to individual wellbeing, society and the wider economy. Our evaluation reports significant and dramatic improvements in participants' state of mental and emotional wellbeing, in addition to other outcomes across skills, attainment and employability. A short film and evaluation report can be found on our website www.volunteeringforwellbeing.org.uk</p> <p><i>“Has the course changed my life? Yes and more. It</i></p>

	<p><i>has actually given me back my life, a life seemingly lost to lack of hope and depression. I am the real Me again.”</i> Volunteer</p> <p><i>“We’ve definitely seen improved mental health and wellbeing from the if clients, including improved self-confidence, and especially around social interaction with other people, some return to work, and the if path can be an experience to support clients work with their health issue; but in a safe and supportive environment.”</i></p> <p>Primary Care Mental Health Trust, Manchester</p>
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