

How volunteering with us has helped others

Some have used their experience with us to secure jobs such as Support Workers, Information/Advice Workers, Outreach Workers, Adult Placement Workers, Care Assistants, Play Scheme Workers, Link Workers and as a Service Co-ordinator. Others have used their experience with us to decide on a career after a career break to raise a family or a period of illness/ unemployment.

“I completed my Masters in Civil Engineering in 2011 from Salford University and due to my mother’s long term illness I became a carer. LMCP supported me and my mother and encouraged me to volunteer at their drop-ins. I facilitated a self-help group on improving computing skills. This gave me an insight into the lack of IT literacy amongst older South Asians. In addition, LMCP staff highlighted a local job opportunity that involved surveying local residents about a multi-million pound redevelopment of a community facility. Having completed this short term project, I successfully applied for the post of Management Trainee with one of UK’s largest construction companies that had won the redevelopment contract.

Undoubtedly, without the help and support of LMCP I would not have improved my mother’s life, or been able to take the journey back into paid employment after graduation.” MM

For more information please

call us on **0161 226 4632**

or email us

LMCPCARELINK@btconnect.com

or visit our website

www.LMCP.co.uk

LMCP/ Nov 17



Volunteering opportunities

LMCP

Improving equality, wellbeing and independence

LMCP Care Link

Charity Registration Number: 1128263

Company Number: 6729806

LMCP Care Link (formerly the Longsight/ Moss Side Community Project) was set up in the late 1960s to work with socio-economically less-advantaged persons. We are a registered charity and a company limited by guarantee.

Our aim is to improve people's health and wellbeing by enabling them to become more independent and take control and responsibility over their lives.

Our objectives are to:

- provide information, advice, guidance and support to people from South Asian communities living in Manchester and Trafford to enable them to access appropriate health and social care services
- engage people from BME communities living in Manchester and Trafford in the development and delivery of social care services in their area
- work with health and social care commissioners and providers at a strategic and operational level to develop and deliver services that are accessible to people from South Asian communities.

We do this by involving the individual, their family and the wider community in addressing the issues that create barriers to them living healthy and independent lives.

Volunteers

- complete a structured training programme
- receive supervision and support
- work alongside experienced Outreach Workers and student/trainee Social Workers
- meet with health and social care professionals, particularly through our monthly Asian Carers' Group meetings and drop-ins in Manchester and Trafford
- receive travel expenses

Contribute

Volunteers play a key role in our work with our service users. They

- provide office management support
- help with monitoring and evaluating the impact of our work

- help us identify needs, develop services (eg self-help groups) and source funding
- help us develop systems (eg customer management, outcome monitoring), policies and procedures
- produce marketing material and promote LMCP Care Link
- provide interpreting support to staff and social work students on placement with us
- support our drop-ins in Manchester and Trafford
- experienced volunteers also visit service users and assess their needs and provide befriending

Learn

Volunteers learn about

- the social and health care needs of our service users
- the cultures and religions of South Asian communities in Manchester
- the changes that are taking place, for example, to the South Asian family structure and how these are impacting on the quality of life of older persons
- the social and health care services that are available from the statutory (eg Manchester Adult Social Care), voluntary (including community organisations set up to serve particular religious or ethnic groups) and independent providers and how to access these
- the appropriateness of available services in meeting the cultural and religious needs of our service users
- training and job opportunities in health and social care
- doing outreach work and social care assessments
- organising drop-ins (female volunteers only in Manchester)
- interpreting

Improve

- communication and interpersonal skills
- confidence, self-esteem and self-belief
- job search skills
- knowledge and understanding of health and social care services, housing, welfare, needs and aspirations of our service users
- interpreting skills
- own language as well as English