

VIVA Testimonials

RJ has aspergers and said "My VIVA officer helped me to start volunteering at Eden, I didn't think I could cope with lots of people, but I'm getting a bit better at it, and am able to work in the back room. I like having the volunteering to look forward to, I'm doing something worthwhile, I really enjoy it it's great."



"Without Steve (my VIVA officer) supporting me every step of the way I wouldn't have had the confidence to do it myself. I am looked after by the team at the Foodbank where I volunteer, and have come out of my shell, it's changed my life, I feel better and it's the best thing I've ever done."
Tony, Bude.



We are a charity dedicated to building social capital and developing the wellbeing of individuals and communities in Cornwall. We do this by working in collaboration with a wide range of organisations to promote and support active citizenship and voluntary action covering the emotional, social, environmental and economic needs and opportunities in Cornwall.

Contact Us

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VIVA

Enabling
people with disabilities
to take up new challenges and
make a positive contribution through
volunteering.



VIVA

VIVA is a Cornwall-wide project that enables adults with disabilities to access both volunteering and social opportunities; enabling them to take up new challenges and make a positive contribution to the community.



Who can VIVA help?

We engage with people who have:

- A physical disability
- A sensory impairment
- A learning disability

We also support individuals who are:

- Experiencing mental health difficulties
- Are on the autistic spectrum
- Have any other condition that may affect their abilities.

We are fully inclusive and aim to support anyone who would like a bit of extra help.

How to make a referral

We accept referrals from any health or social care professional, GP's, support workers, housing officers or other agencies supporting the client. Family members can refer, and individuals can also self refer.

Clients must be living in Cornwall and aged 16 or over.

You can download a referral form from our website

www.volunteercornwall.org.uk

Or contact **01872 265307** to request one in the post or by email.

The next step

We aim to make contact within two weeks to arrange an informal interview. This can be carried out with a support worker, family member or somebody who the client would like present.

We may also contact the referrer for more information if required.



How does the scheme work?

Our specialist VIVA team help find welcoming, meaningful and enjoyable volunteering opportunities to people who may have never volunteered before but have an incredible amount to give.

We offer a bespoke service that is tailor-made to suit the individual according to their needs.

During the interview a VIVA officer will discuss the benefits of volunteering, and will identify expectations and what the client's hopes and aims are. We will consider factors such as:

- Personality, hobbies and interests
- Support needs
- Identified barriers, physical or mental health issues
- Location and accessibility

If appropriate we may carry out a functional skills assessment and needs analysis. This ensures we are able to find an appropriate volunteering placement that provides the right support and encouragement to enable the clients to shine.

A VIVA officer will attend taster volunteering sessions if required and will continue to support the client through their journey until the placement is firmly established.