4. STEP 3: SUPPORTING YOUR NEW VOLUNTEERS

THINKING EXERCISE

What support systems do you currently have in place in your volunteering group?

For example, do volunteers have mentors, peer buddies, or peer supporters? Do volunteers regularly check in with one another?

1. Write down the different support systems you have and what volunteers do to support one another within your group. If you are not sure what support systems exist, ask your volunteers what they do, or note down the support systems you would like to introduce.

2. How can you improve the support systems you have within your group? For example, could you structure regular check-in sessions, pair volunteers up with mentors or peer buddies, or promote mental health support services regularly to ensure that volunteers feel safe to use them?

CLEAR ALL