

January 2023

---

# Unfolding

FREE Training for Community Volunteers





# Volunteers & the Pandemic

Leeds' valuable and dedicated volunteer workforce is faced with the potential of burnout and exhaustion due to the impacts of Covid and the cost of living crisis.

Volunteers are committed to their volunteering organisations, yet stretched in their capacity to support people whose needs are growing in complexity.

Both volunteers and the people they support are increasingly likely to be facing financial stresses, mental ill-health, isolation and loneliness.

**Unfolding** was born out of the commitment to help volunteers feel energised and able to support others without 'burning out'.

Following a very successful six-month pilot project, we are able to offer this free, six-week training course in partnership with Leeds City Council.



*I will not lecture you – I will listen to you and I'll respect your path and your choices*

Mandy, Unfolding January 2023

---

How can we help people to go  
from exhausted to energised  
when volunteering?



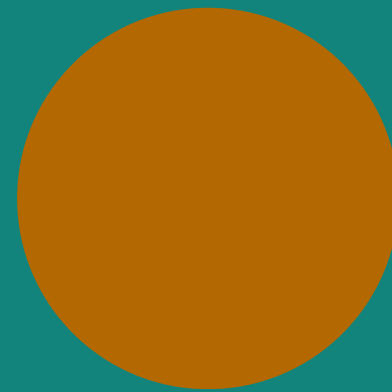
*This was a very good course, both for your mind and body.  
I loved learning about the importance of not giving advice and listening to others instead*

*Participant, Unfolding October 2022*





We believe in a world where people of all genders feel included, valued and celebrated.



We create safe spaces for people to explore, reject and reclaim what they need to live healthy and fulfilled lives.



# Becoming a Cheerleader for Change

Self-Care

Healthy & Compassionate  
Boundaries

From Rescuer to Enabler

Action Focused Conversations

---

# UNFOLDING

A six week course for informal and formal volunteers in direct contact with their clients. 2h per session each week.

During the course volunteers will cover:

- What is Important to me & my role
- From Inner Critic to Inner Cheerleader: Self-Care, Self-Esteem, Self-Confidence.
- Conversation that Creates Change: Active Listening.
- Emotional Reservoir: Resilience & Sustainable Support.
- Healthy & Compassionate Boundaries: Saying "No".
- Cheerleader for Change: Reflecting, Embedding & Committing to Wellbeing in Your Community.





---

# Impact



## IMPROVING PERSONAL MENTAL WELLBEING AND SELF-CARE

'I've learnt that self-care is mandatory otherwise we'll not be able to help others - it is NOT selfish.'



## SUPPORTING OTHERS

'I will not lecture you - I will listen to you and I'll respect your path and your choices'



## SETTING BOUNDARIES

'Saying No can strengthen me physically, spiritually and in every way really'

'I enjoyed learning to say No & stop saying sorry and listen - because 'No is a full sentence'. (8 women mentioned this quote)

# PRACTICALITIES

**01** WHEN

Sept 23 - Dec 24

**WHO** **02**

Free training for formal & informal volunteers in regular contact with clients

**WHAT** **04**

6 weeks training,  
One 2 h session p.w.  
Informal & participatory

**03** LCP AREAS

Armley, Inner South (Beeston & Middleton) York Road, HATCH and Seacroft

**05** FLEXIBILITY

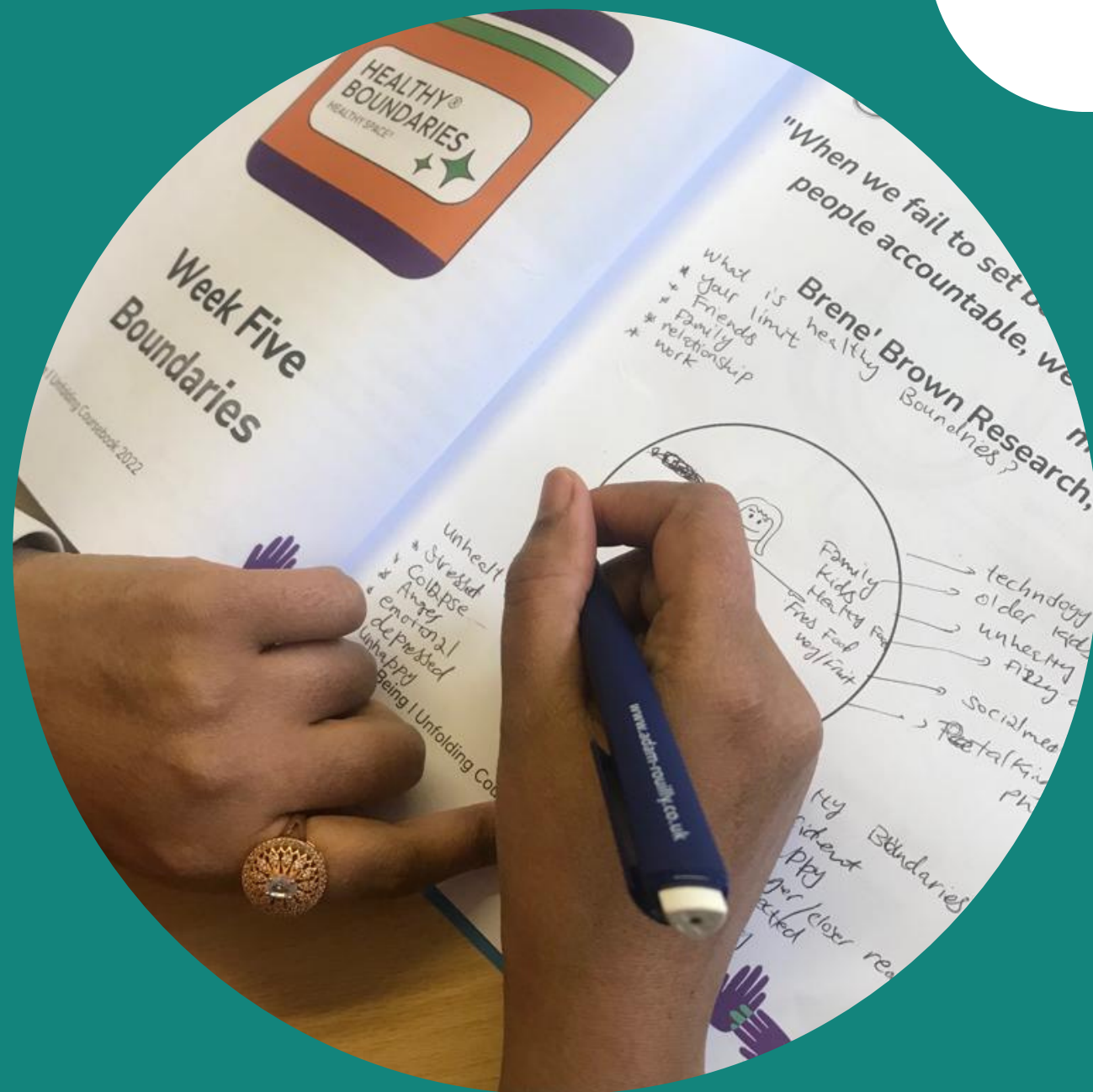
Content tailored to your needs  
In person / online or both  
Experienced Facilitators

**PARTNERS** **06**

Lead on recruitment (8 - 15)  
Room  
Safeguarding  
Attend session 1 & 6



# DEBRA'S STORY



"Before the course started I have been going through hell. My confidence and self esteem were very low after being in an abusive relationship for many years. I was really nervous about joining the course and found it hard to talk at first. As the weeks went on I felt more comfortable and was able to share my experiences and speak up, I feel like I've found my voice.

This has helped me in many areas of life, I actually look forward to things now. I'm supporting three close people in my life, friends and family. I feel I can now help them find their own solutions and guide them rather than trying to fix the situation. It made me realise that I can still be supportive to others even when I'm going through a lot myself."

---

# THANK YOU!

fra@humansbeing.org.uk  
075 919 681 54

---

[www.humansbeing.org.uk](http://www.humansbeing.org.uk)

