

POV Case Study

Headline: Learning new skills through volunteering

Before POV

Ace referred to the service due to experiencing mental health difficulties and was looking to build a support network. We encouraged Ace to attend the POV project to reduce social isolation. Ace felt they were “not very good” at art but would give it a try.

Quote

“I have enjoyed volunteering for the POV project, it has given me something to do in my spare time and taught me new skills”

Because of POV ...

Ace initially was shocked at the artwork they were able to produce after attending one of the abstract art groups. Ace recognised that they could in fact create art. This increased Ace’s confidence in attending other volunteering opportunities such as volunteering at events which increased their confidence in talking to new people.

Ace is still looking for additional volunteering opportunities as it has a positive impact on their mental health.

Key outcomes and impact:

1. Increased confidence and self-esteem.
2. Reduced isolation because of attending events, building new friendships.
3. Begun exploring other volunteering opportunities outside of the organisation and secured another volunteering role.