

The Independence

Volunteer



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Leaving a lasting gift to Possability People

If you are thinking about making a will, Possability People has teamed up with Bequeathed, who offer free will writing and valuable advice.

Their simple and convenient service allows you to make the right will for you in the way that best suits you – online, face to face or over the phone. Simply visit www.bequeathed.org.uk and follow the steps to create a will online.

Charity number: 1114435; company number: 05706441

Not the year we'd planned



At the start of the year, none of us could have foreseen how it would play out. Our thoughts have been with people affected by Covid-19, and to those who have selflessly kept our health and social care services going. Including of course, our own staff and volunteers, some of whom have been on the frontline supporting people in their own homes through our At Home service.

The rest of the team have adapted brilliantly and the majority of our services have continued 'virtually'. The planning starts now for how we move safely from lockdown into something else. You can find out more at www.possabilitypeople.org.uk/coronavirus.

This month marks Volunteers' Week. Possability People has between 60 – 90 volunteers at any one time, who work across our projects and services. We simply could not do without them, and even though we aren't able to get together in person this year, we will put the celebration on hold until we can. In the meantime, from everyone at Possability People to volunteers everywhere: thank you.

Photo © Bill Nicholls
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News



PostTEA

Enjoy a pick-me-up in the post

- Do you know someone living alone during lockdown?
- Do you have neighbours that don't have many visitors? Or know an older or vulnerable person?
- Do you know a keyworker who's keeping going but might like a lift?

PosTEA is an old fashioned, letter writing pen pal idea, organised by Bird and Blend Tea. All you need to do is let us know who you or your pen pal person is, we'll check it's ok to send the letter, and then the PosTEA people will do the rest. They'll even include some tea in the letter.

It's designed to be a one off so no need to commit to more; unless you want to.



Email pat@possabilitypeople.org.uk for more info

If you need advice, please call us

Our Advice Centre continues to provide advice, support and information for people in Brighton and Hove, as well as giving information and sign posting to other services in East Sussex.

If you are in Brighton and Hove, our telephone line and email are operating as usual.

All appointments are now by phone and/or Zoom / WhatsApp. Contact us on 01273 89 40 50; please leave a message and someone will call you back. The phone lines are monitored Monday to Friday. Or email advice@possabilitypeople.org.uk

If you are in East Sussex, our telephone line is operating as usual on 01424 234460. If you prefer, you can email us at esussexadvice@possabilitypeople.org.uk

Amazon

Possability People are signed up to Amazon Smile.

This means that if you shop via this link, we will receive a small donation from Amazon at no extra cost to you.

smile.amazon.co.uk/ch/1114435-0



1-7 JUNE

VOLUNTEERS' WEEK

Thank you

Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering. Although the coronavirus pandemic has stopped many of the things we would usually do, many of our volunteers have continued to provide support virtually.

- We currently have 68 volunteers (including our trustees).
- Our volunteers range in age from teens to 70s.
- Volunteers contribute over 16,500 hours a year (17,250 including Trustees, which is equivalent to almost 11 full-time staff).
- All of our projects and services benefit from the skills and time our volunteers bring to them, including Link Back, Advice Centre, Payroll, Reception, Shopmobility, Community Employment Service, Communications and the Get Involved Group.
- Volunteers take part in all sort of tasks from delivering mobility scooters, updating records, meeting and greeting visitors, offering advice, creating social media content and anything and everything in-between.
- Our longest serving volunteer is Trustee, Kathy Goddon who has been volunteering with us since January 2003.
- Our newest volunteers joined a few weeks ago.
- Our newest volunteers are Victoria, GIG Volunteer, and Sue, Link Back Volunteer, who have joined to help out during the coronavirus crisis.
- A third of our staff team started off as volunteers with us.
- Other volunteer skills range from making delicious cakes, telling bad jokes, writing ridiculous poems and making fabulous jewellery.

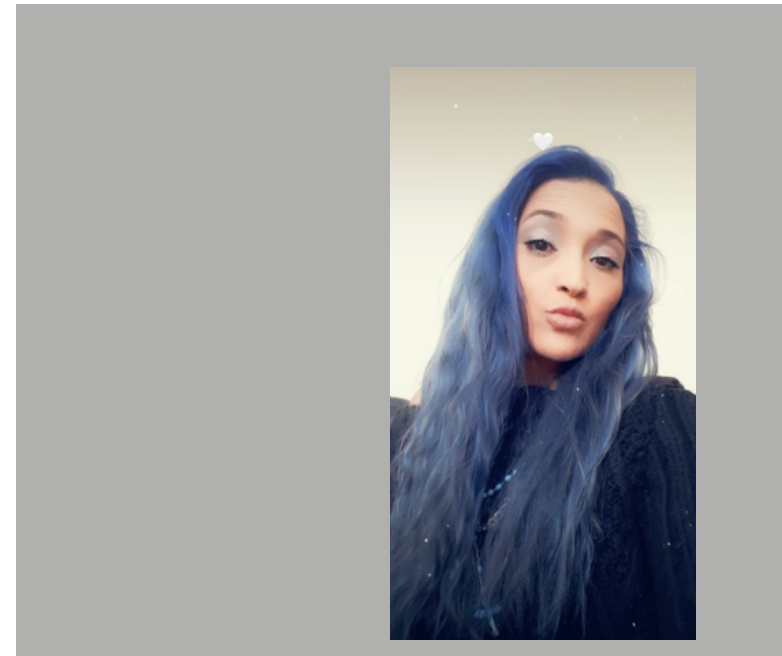
If you would like to join our amazing group of volunteers, email volunteer@possabilitypeople.org.uk or visit <https://www.possabilitypeople.org.uk/volunteer/> to find out more.

Samantha's story

Samantha Murphy has been volunteering for Possability People's Community Employment Service for a year. She volunteers on the Get Set and Get Set Opening Doors programmes in Hastings.

"I was originally a participant on the project. I had completed all the courses and attended the drop in's regularly, and it got to a point where I still wasn't quite confident enough for employment but felt that volunteering would be a good step in the right direction because it would help me with routine and time keeping".

For Sam, the best thing about volunteering is being able to help other people and develop her



own skills. "I have also made friends, and seeing participants develop and evolve into having a healthier mind-set and the tools to manage their conditions is really inspiring.

"It's important to be able to help another person see that you can learn to live with your disability or mental health impairment or condition/s, but it is also important to the organisations too. It has allowed me to develop skills for any work environment and showed me I have value to offer any organisation.

"I like everything about volunteering, from helping others to use computers for job searching, and supporting the Possability People team with admin'.

Jane's story

Jane Davey volunteers for The Advice Centre, helping clients to fill in forms. She has been a Possability People volunteer for about 9 months.

"Having helped my autistic sister apply for PIP, I learnt such a lot about the system for her, and I wanted to share that knowledge with other people. I'd also been at the sharp end of a disability discrimination claim against my employers (I won) and this opened my eyes to the problems disabled people have to put up with every day.

"I feel that I'm actually helping people and this gives me a sense of satisfaction. I've always been a strong trade union girl and driven by a sense of justice, which extends to wanting to help our clients get the benefits they are entitled to.

"Volunteers are often people who have faced the same issues as their clients, and this makes us

Crissy's story

Crissy has been volunteering at Get Set Surry for about 10 months

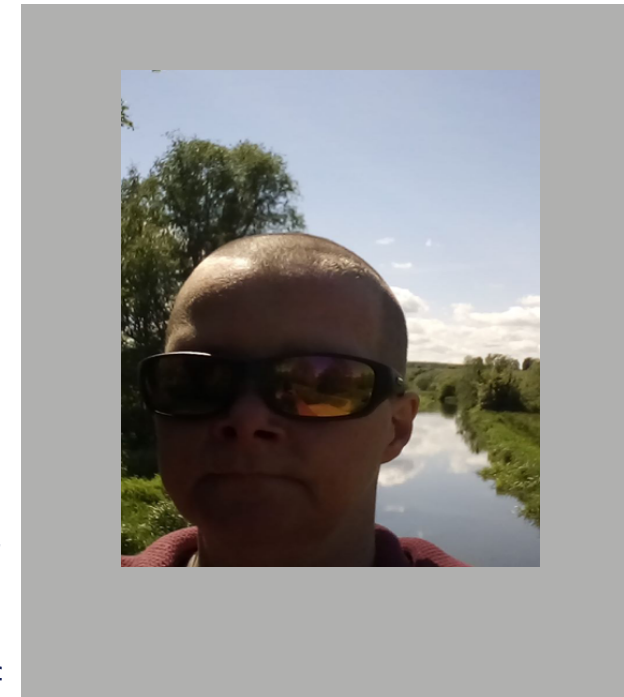
"I wanted to help others by using my past experiences in a way that would be productive in enabling people to overcome the barriers I have faced. I don't want anyone to doubt themselves or what they are capable of achieving.

"I enjoy feeling I have been able to help someone, which gives me pride in myself. I have also learnt a great deal about myself and what I am capable of achieving. Personally, for me it has given me a sense of purpose. The very best thing it has given me is the knowledge that I can trust others.

"Volunteering is important as you can see the real difference you make, not just in others but in yourself. It gives you experience you can use in various aspects of life.

"At Possability People. I am not judged on my past and I am part of a team that wants to help others to see themselves as we do, as well as taking positive steps forward.

"I have been given a place where I belong and am free to be myself without fear and can trust people. They have given me the ability to see the good inside of myself".



"Samantha and Crissy have come such a long way, achieved so much and as part of our team, support and enable others to do the same. We are so grateful to our team of volunteers and want to thank them for all of their dedication, hard work and support".

empathise in a practical and useful way. Our experiences - whether positive or negative - all enable us to get the most out of volunteering.

"I work with lovely people in a supportive and caring environment; the other volunteers, have given me such a lot of help and advice".

Possability People's Advice Centre relies on its volunteers giving their time each week to provide information and support to its clients. While the office has been closed due to the coronavirus, Jane has continued to volunteer from home. Helping people by telephone and post has brought new challenges but Jane is always willing to go the extra mile to make sure people get the support they need.



Ensuring disabled people can live independently, with dignity and without prejudice.

Possability People is a charity which supports disabled people and people with long term health conditions to live independently.

Started in 1981, it runs a range of projects and services in Brighton and Hove, East and West Sussex, and more recently in Surrey. It is the only charity in Brighton and Hove that supports people with a range of impairments and health conditions (sometimes described as 'pan impairment'). Not only does it support people practically, through a diverse range of projects and services, it also works to make positive changes in local and national policy, so disabled people can live their lives independently, with dignity and without prejudice.

- £25 enables us to provide two hours of training for a disabled volunteer to support our finance team and gain valuable work experience.
- £5 enables a volunteer to travel to their volunteering role for that week.
- £30 enables a disabled person to have a two hour appointment with a specialist adviser who can support them to make a claim for Personal Independence Payment.

"Possability People has let me see a future – my life is better, and I have hope. I will work and be well in work."

If you need this publication in an alternative format and/or language, please contact us to discuss your needs.

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