

POSITIVE REALITIES

CHARITY NO. SC046016

CHANGE MAKERS OF EAST LOTHIAN

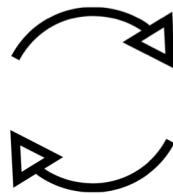
CALL FOR VOLUNTEERS



IDEA



PLAN



CHANGE



WORLD

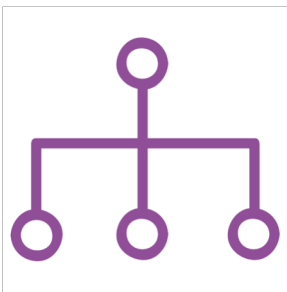
- **KEEN TO MAKE POSITIVE SOCIAL CHANGE FOR YOUNG PEOPLE AND THEIR FAMILIES WITHIN THEIR COMMUNITY?**
- **WANT TO LEARN NEW SKILLS AND PUT THEM INTO ACTION?**

THE CHANGEMAKERS OF EAST LOTHIAN PROGRAMME IMPROVES THE WELLBEING AND RESILIENCE OF LOCAL YOUNG PEOPLE BETWEEN THE AGES OF 12 AND 25 BY DELIVERING REGULAR YOUTH GROUPS AND WORKSHOPS FOR THESE YOUNG PEOPLE, THEIR FAMILIES AND PROFESSIONALS.

INSPIRED?

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WHAT DO VOLUNTEER CHANGEMAKERS DO?



YOUTH GROUPS

Help deliver **youth groups** in East Lothian.



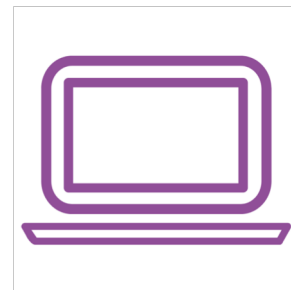
PARENTS SUPPORT GROUP

Help deliver **support groups** run for **parents** and expand on these services.



WORKSHOPS

Deliver workshops to young people, families and professionals on a range of topics focusing on building resilience.



NEW PROJECTS

Bring new ideas to the programme! We are always looking for new ways to support young people and can provide you with the support to set up your own initiative in East Lothian.

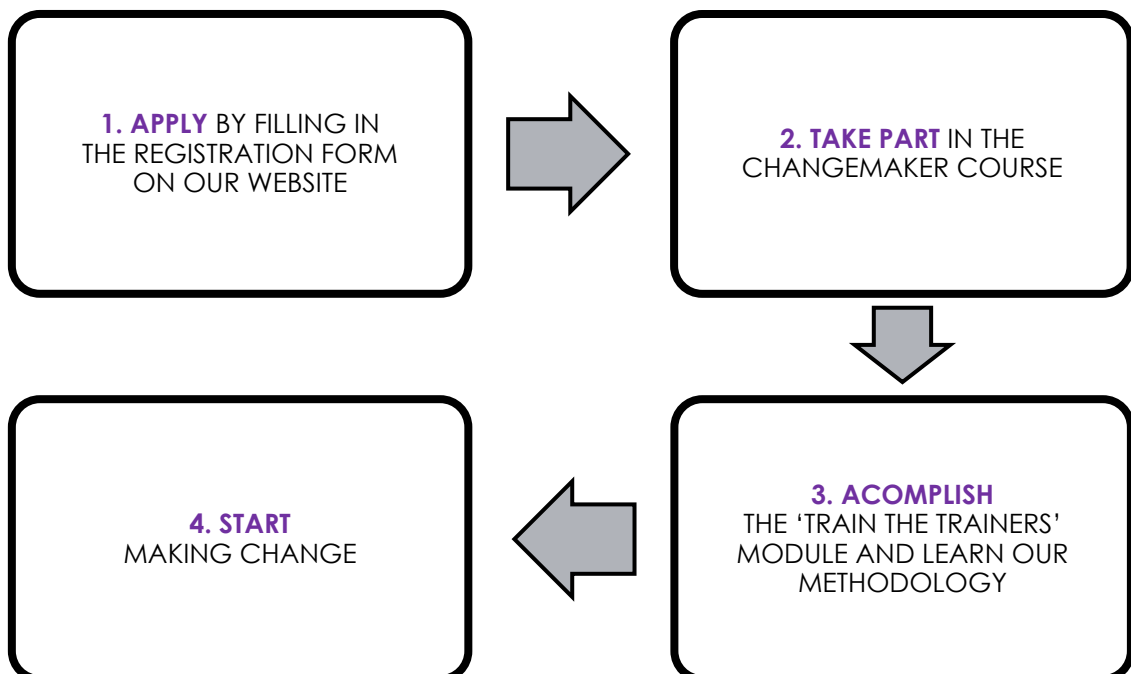
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SO YOU WANT TO BECOME A VOLUNTEER CHANGEMAKER?

WE'RE LOOKING FOR

- ▶ People with experience in working with young people in a supportive role. This may be professional or personal experience.
- ▶ People who are motivated to learn new skills.
- ▶ People who are passionate about helping others improve their lives.
- ▶ People who are looking to gain community development experience.
- ▶ People who are based in the East Lothian area or are willing to travel to East Lothian on a regular basis.
- ▶ People who are able to commit to at least 1 year as a volunteer changemaker.



IMPRESSED?

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VOLUNTEER TRAINING

CHANGEMAKER COURSE

You will participate in workshops and build skills crucial in achieving your changemaking goals.

We will inspire you by presenting case studies and sharing success stories from other volunteers.

We will give you project management tools and support you to create your own social project to promote youth resilience.

WHAT WILL YOU GAIN?

- ▶ You will sharpen your "changemaking skills" – social, group-work, and training skills will help to improve your resilience and teach you how to support young people and their families
- ▶ You will learn project management tools
- ▶ You will develop skills and gain ideas to help you give something back to your community
- ▶ You will meet a group of awesome, engaged people and become a member of our changemaking community
- ▶ After accomplishing 20 hours of practical experience you will receive a certificate

WHAT YOU HAVE TO KNOW

- ▶ The course is delivered over 3 weekends, totalling 42 hours of training.
- ▶ Please bring a packed lunch.
- ▶ The course is free of charge but you will be expected to become a volunteer with Positive Realities and commit to at least one year with us.
- ▶ A time commitment of 8-10 hours a month is expected from our volunteers.
- ▶ The course will take place in Musselburgh. Travel expenses can be reimbursed.

IMPRESSED?

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VOLUNTEER TRAINING

PROGRAMME AND DATES

PART I

June 8-9, 2019
9.00 – 17.00

Why should we change the world?

Introduction
Key societal issues
Problem analysis

Changemaker skills 1

Communication
Process of change
Empathy

PART II

June 15-16, 2019
9.00 – 17.00

Changemaker skills 2

Teamwork & leadership
Action learning
My values, strengths and
dreams

How to change the world?

Creativity
Goals setting
Creating a vision
Project planning

PART III

August 24-25, 2019
9.00 – 17.00

Presenting the project

Promoting social actions
Getting resources

Train the trainers

Public speaking
Group facilitation
Training samples
Child protection
Self-motivation

VENUE

**Musselburgh East Community
Learning Centre**

Haddington Road, Musselburgh
EH21 8JJ

IMPRESSED?

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WHAT OTHERS SAY?

HADN'T REALIZED IT WOULD BE SO INTERACTIVE AND BONDING – EXCELLENT.

SHIONA L.

IT OPENED AN OPPORTUNITY TO WORK WITH YOUNG MUMS AS I HAVEN'T THOUGHT IT COULD BE POSSIBLE FOR ME.

KASIA W.

IT EXCEEDED MY EXPECTATIONS AS I DIDN'T KNOW THAT WE'LL GET SO MANY USEFUL EXERCISES.

KASIA W.

IT'S UPLIFTING & INSPIRING & INFORMATIVE

JEN T.

I HAVE FOUND IT VERY PERSONALLY ENLIGHTENING. I SEE IT AS INSPIRING AND EMPOWERING OTHERS TO INSPIRE.

EMMA O.

IT WAS GREAT TO MEET THE OTHERS IN THE GROUP. FEELS LIKE WE MADE FRIENDS VERY QUICKLY

SHIONA L.

WATCH THE MOVIE FROM LAST VOLUNTEER TRAINING [HERE!](#)

IMPRESSED?

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WHAT NOW?

INFORMATION DAY – optional

THURSDAY, MAY 16, 2019

6-8 PM

Musselburgh East Community Learning Centre
Haddington Road, Musselburgh
EH21 8JJ

If you want to know more about becoming
a changemaker come along to the information day.

Drop us an email if you're planning to come!

APPLICATION DEADLINE

SUNDAY, MAY 26, 2019

Fill in the application form click [here](#)

or visit our website: www.positiverealities.org/eastlothian

You will then be invited to have a brief telephone interview with the programme manager
and have the opportunity to ask more about the role.

IMPRESSED?

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ABOUT US

POSITIVE REALITIES

Positive Realities is a charity offering opportunities for young people to achieve a positive transition into adulthood. In East Lothian we run Youth Groups (for those aged 14-21) and deliver presentations and workshops for young people (12-25), their families and professionals supporting their wellbeing.

FUNDING NHS HIF

Building Youth Resilience in East Lothian is a three-year project being led by Positive Realities with financial support from the NHS Lothian Health Improvement Fund. It began on 1 April 2018. We intend to build on this funding to develop our services in East Lothian. We want you to be part of this expansion programme!

CONTACT



We strongly believe that creating positive social change is a team-sport. We are open to your suggestions, ideas and input. Let's get in touch!

MARCIN JOHN

East Lothian Development Worker

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INTERESTED?

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