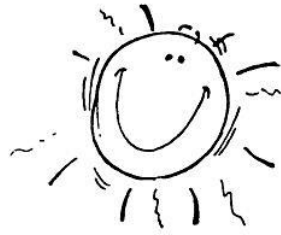


Warwick
Volunteers



Kenilworth Phab

Volunteer Information

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Project Overview

Kenilworth Phab is a social group for disabled and non-disabled adults. The club meets every Wednesday evening from 7.00-9.00pm at various locations in Kenilworth, Leamington and Warwick and takes part in a diverse range of activities such as music nights, arts and crafts, ten-pin bowling and theatre trips. Student volunteers are valuable members of Phab and provide general help and support as well as coming along to chat and most importantly have fun. Kenilworth Phab has over 50 members and there are usually around 30 people in attendance at each session.

Anyone aged 18 or over is welcome to join and attend as regularly as they are able.

Why Volunteer?

Kenilworth Phab greatly value and appreciate the input of student volunteer members and, in return, dedicating a little time to understanding the needs and enhancing the lives of others, you may find that they make a difference in and enhance your own.

A very important benefit to all involved is getting to know members as individuals and becoming interested in the person behind the disability.

Volunteer Role

Kenilworth Phab differs from the other Warwick Volunteers projects in that you are not seen as being a 'volunteer' but rather as a friend and an equal to the members of the club. Therefore, you will be introduced to the club as a new member.

A very important aspect of the volunteer role is befriending and acting as a role model. The members are very welcoming and respond well to the relaxed friendship of students.

We recommend that you commit to volunteering with Phab for around 3 or more sessions in a term. This level of commitment will ensure that you have time to build a friendship with a Phab member, thus benefitting them and making your experience more worthwhile.

Volunteers are not responsible for personal support and should not undertake personal care tasks. If a member should ask for support with personal care issues, please speak to the Project Leader or member of the Phab Management Committee. If you are ever put in a situation where you feel

uncomfortable or are unsure of your role, you should discuss it with the Project Leader or member of the Phab Management Committee.

Volunteer Code of Conduct

Since at Phab you are not in a position of responsibility, there are few 'Do's and Don'ts'.

Do

- Do be friendly and relaxed.
- Do act as a positive role model. And discourage inappropriate language and humour.
- Do take an active role and feel free to share your ideas with the club.
- Do share any concerns that you have with the Phab Management Committee or student Project Leader as appropriate.

Don't

- Don't undertake personal care tasks for members. If a member asks for personal support, please speak to the Project Leader or member of the Phab Management Committee.
- Don't initiate physical contact with members. You may find that some members will offer you a hug, if this makes you feel uncomfortable suggest an alternative such as a 'high five'.
- Don't give any personal contact details or take any personal contact details from other members. That includes social media account details, mobile numbers, and addresses.
- Don't attempt to contact members outside of club nights. If you need to share some information with the group, please ask to have this sent through the Phab newsletter.
- Don't become isolated with members or work alone 1-1 with a member.
- Don't take any photographs using your own camera or phone.

Inclusive Language

Consider these guidelines when communicating with or about disabled people.

<https://www.gov.uk/government/publications/inclusive-communication/inclusive-language-words-to-use-and-avoid-when-writing-about-disability>

Use the website links below for more information.

<https://www.scope.org.uk>

<https://www.scope.org.uk/campaigns/end-the-awkward/>

What to do if you have any concerns

If you have any concerns about the safety or well-being of any member, please raise these with the Warwick Volunteers and Phab Management Committee.

If you are still concerned about any aspect of your volunteering, please contact the Warwick Volunteers office by emailing volunteers@warwick.ac.uk

Expenses

Warwick Volunteers will reimburse volunteer travel expenses for journeys made by public transport, provided you keep **all** bus tickets/ receipts. Please complete an expenses form available from the WV office. Warwick Volunteers **will not** reimburse theatre tickets, Phab holidays or food and drink but volunteers may choose to pay themselves. Phab members pay £2 weekly membership fee known as 'subs', but volunteers **do not** have to pay this fee.

Locations and Travel

Although the club meet at different venues each week, they do have two regular meeting places each month. On first Wednesdays they meet at Kenilworth Sports & Social Club and on third Wednesdays they are at St John's Church Hall. Both are accessible by public transport from campus.

Kenilworth Sports & Social Club

Upper Rosemary Hill, **Kenilworth**, CV8 6PA
(We meet here 1st Wednesday each month)

St John's Church Hall,

205 Warwick Road, **Kenilworth**, CV8 1HY
(We meet here 3rd Wednesday each month)

The Project Leader will keep you informed of the Phab programme, venues, and travel information. Volunteers can travel together so the project leader will email you in advance to let you know where and what time to meet if you would like to travel with the group.

Volunteers will need to pay for their own bus tickets to Kenilworth Sports and Social Club and St John's Church Hall. Volunteers can claim back this cost on Warwick Volunteers expenses so long as they provide a bus ticket, receipt, or a screenshot of the transaction for contactless.

For bowling in Leamington Spa, taxis will be booked to and from campus by Warwick Volunteers.

You do not need to travel with the group if you have other arrangements, but are more than welcome!

Kenilworth Phab Contacts

Phab Management Committee

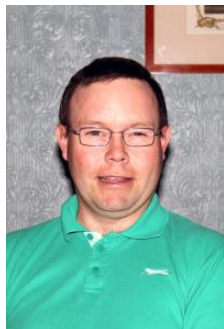
Gwen Peat (Treasurer)

Email: gwen2.kenilworthphab@gmail.com



Martyn Parker (Chairperson)

Email: martyn.kenilworthphab@gmail.com



We hope you enjoy attending Kenilworth Phab!

<https://kenilworthphab.wordpress.com/>