



Notes for Volunteers

Man Cave

It is now admitted that loneliness is not just a problem among older people.

Young men feel lonely but frequently find it difficult to admit this. As a society we are good at providing social groups to help those who are alone but if you are a younger man (20-45) you may well not want to attend such groups or even social activities aimed at older men.

The Man Cave is a group of younger men who want to develop their own way of combating loneliness.

The Feelgood Factory needs volunteers who will work with the men to identify activities that will be attractive for them and support new participants to join in.

This is important development work and we need people with the enthusiasm and commitment to make a huge difference in the lives of a neglected group in society.





Why

Although loneliness isn't in itself a mental health problem, it can be the root cause of everything from anxiety and depression, to addiction and suicide (now the biggest killer of men under 50).

35% of men admit to feeling lonely at least once a week and for some sub-groups the problem is even worse.

Loneliness and isolation can become a vicious cycle because the experience of loneliness impacts on confidence and social skills

which leads to increased isolation.

That is the reason for Man Cave.

How

Man Cave is a programme for younger men (20-45) who might be finding it a bit difficult to mix with other men of the same age.

We are seeking volunteers who would be prepared to work with the men themselves to expand the programme.

Part of the role would also be acting as buddy for individuals in the group and helping to attract and support new members.

There are no particular skills or experience necessary. Mainly we are looking for people with the personality, commitment and enthusiasm to make a difference in the lives of our programme participants.



Support

You will have support from Feelgood Factory staff and will work with a team of staff and volunteers

Prior to starting we ask you to complete a very short training programme online to give you advice to begin with and some ideas of dos and don'ts. Alternatively you can access it as a paper version.

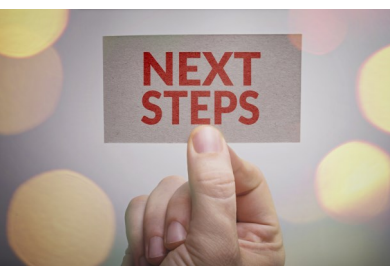
We will pay all of your out-of-pocket expenses.

Next Steps

So that's about it.

If you are interested then fill in our online Volunteer Registration Form or ring 291 8010 and we will send you a paper copy.

The registration form can be found here:



<https://form.jotform.com/NethertonFeelgood/volunteer-registration-form>

If you would rather talk with someone first, then ring Sandra on 291 8010 and we will arrange a chat.

Once we have the form completed we will contact you to arrange the next steps.

We do need to undertake a Disclosure and Barring Service (DBS) check because this service may involve vulnerable adults. Criminal convictions do not necessarily stop you from volunteering, however, as we make a judgement on a case-by-case basis.