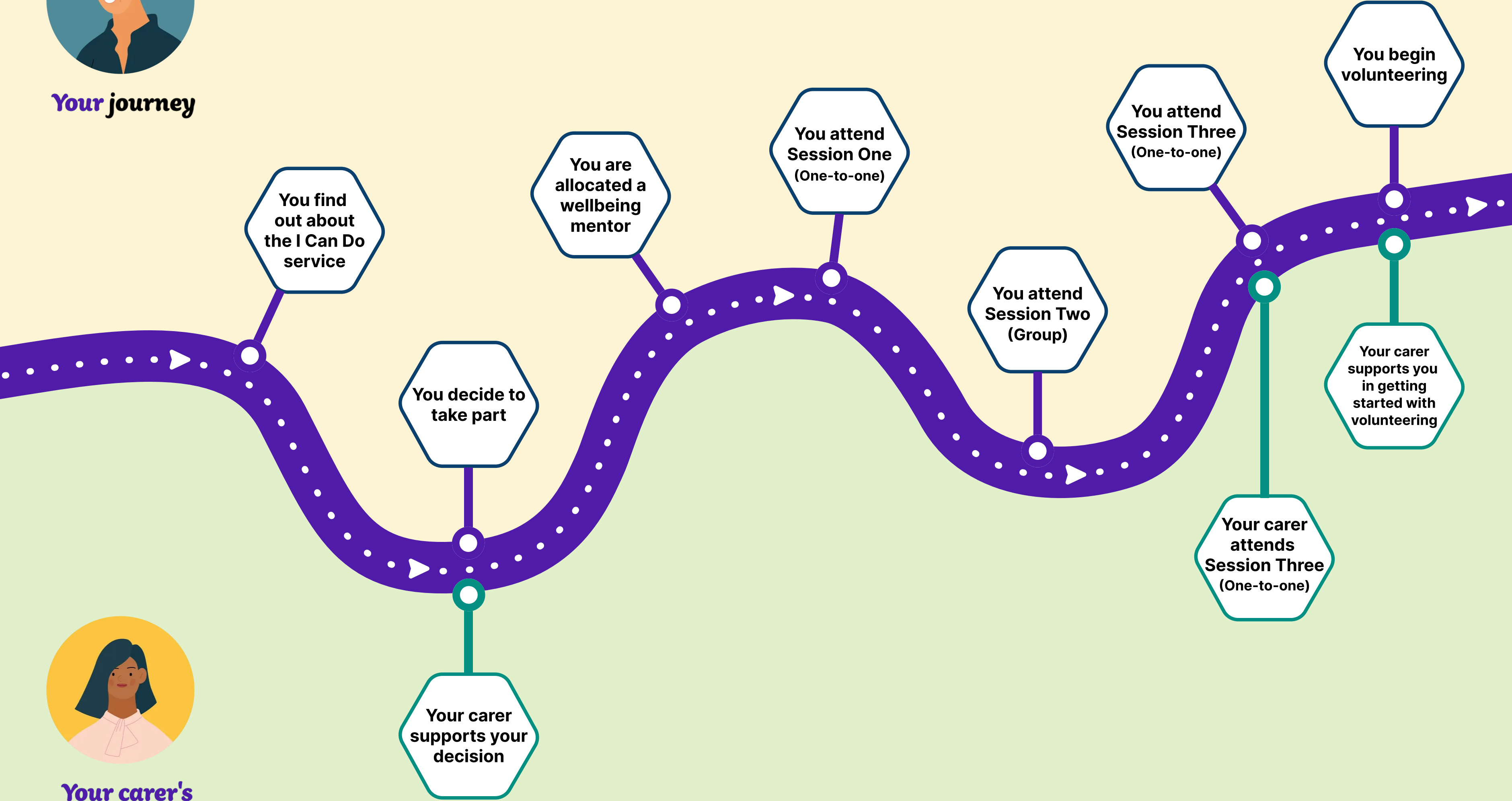


# Your I Can Do Journey



Your journey



Your carer's journey

# Your I Can Do Journey



**Your journey**



**Your carer's journey**

You find out about the I Can Do service

You are allocated a wellbeing mentor

You attend Session One (One-to-one)

You attend Session Three (One-to-one)

You begin volunteering

Your carer supports you in getting started with volunteering

Your carer attends Session Three (One-to-one)

## Session One

During the session, you will do the following activities

- ✓ Guided mindfulness exercise
- ✓ Storytelling activity - talking about what you like to do
- ✓ Talking about and record strengths and interests
- ✓ Reflection

# Your I Can Do Journey



**Your journey**

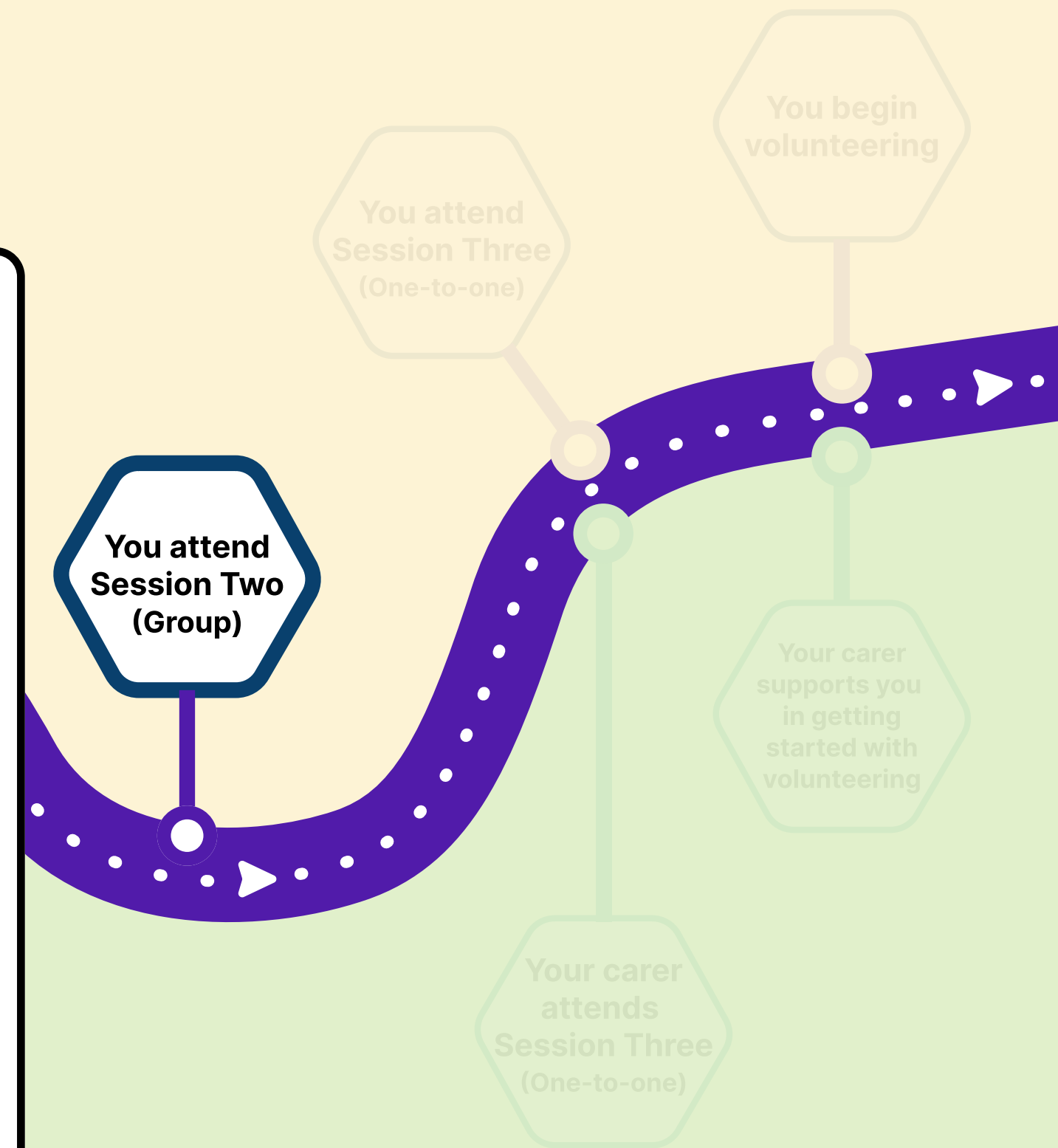
## Session Two

During the session, you will do the following activities

- ✓ Group activity to get to know each other
- ✓ Listen to information about volunteering
- ✓ Group discussion about interests in relation to volunteering offer
- ✓ Consider and record what you'd like to try and be recognised for
- ✓ Reflection



**Your carer's journey**



Your carer supports your decision

# Your I Can Do Journey



Your journey



Your carer's journey

## Session Three

During the session, you will do the following activities

- ✔ Guided mindfulness exercise
- ✔ Review notes to review interests in relation to volunteering and think about what you've decided to do
- ✔ Plan how you're going to get started with volunteering

You attend Session Three (One-to-one)

You begin volunteering

You attend Session One (One-to-one)

You are allocated a

Your carer supports you in getting started with volunteering

Your carer attends Session Three (One-to-one)

Your carer supports your decision