



- Home
- My Wellbeing Sessions
- My Training
- My Volunteering
- My Awards
- My Profile
- Logout



- Home
- My Wellbeing Sessions
- My Training
- My Volunteering
- My Awards
- My Profile
- Logout

Step 6 of 9

66%

## More ideas

What do I love?



What can I do or help with?

playing the trumpet or piano for a special occasion

litter picking



singing in a choir

storytelling



dementia champion to tell about their experience



What am I good at?

raising money for emergency relief



music at a wedding banquet

caring for others

looking after a friend's garden or mowing the lawn



going hiking or fishing



raising money



Yoga



Must be foolproof

trial: very positive + always explore

+ can still do something new + opened new pathway with new capabilities

Text could be bigger.

colours good





Home

My Wellbeing Sessions

My Training

My Volunteering

My Awards

Logout

Step 7 of 9

77%

splitting  
into 2 pages/  
tabs

## Example one

## Example two

- Eating well

### What am I good at?

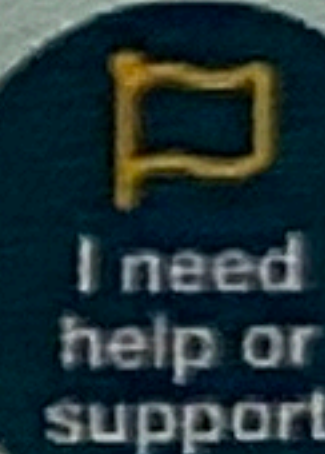
- Cooking, baking
- Waiter service
- Laying a table
- Folding napkins
- Flower arranging
- Other?

### What do I love?

- Dancing

### What am I good at?

- Ballroom dancing
- Talking to people
- Teaching
- Making people relaxed
- Explaining things simply



### What does my community or those close to me need?

- Catering for a charity event
- Waiter service at a social event
- Laying tables for a wedding

### What can I do or help with?

- Baking a cake, making a soup or salad?
- Volunteer as a waiter
- Volunteer laying tables

### What does my community or those close to me need?

- Something to stay fit
- Classes to learn new skills
- A fun activity
- A dance teacher

### What can I do or help with?

- Volunteer as a trainer
- Help at a local dance school
- Offer individual tuition

Previous

Next

to difficult  
to understand  
that can help with



## Thinking about myself

⊕ tabs  
for more

What do I love?

What am I good at?



What does my community or those close to me need?

What can I do or help with?

Previous

Next





- Home
- My Wellbeing Sessions
- My Training
- My Volunteering
- My Awards
- My Profile
- Logout

Step 9 of 9

100%

## Reflection session one

It is for you to decide what you want to reflect on, but here are some ideas:

How do I feel? How do I feel about the session?

What did we discuss?

Did we agree anything?

Is there anything for me to do now?

### My reflections

Previous

Submit

complete

allow saving  
without notes

Session - By - session  
agreement about  
taking/sharing notes  
(also acts as a reminder)





[Home](#)[My Wellbeing Sessions](#)[My Training](#)[My Volunteering](#)[My Awards](#)[My Profile](#)[Logout](#)

# My Training

This page contains links to access advice and support for navigating through the ICanDo pathway

## App Training

This page contains help with navigating this app if you get stuck.

[Go to App Training](#)

## Volunteer Training

Before you complete any volunteering, read the advice on this page on how to get the most out of the experience.

[Go to Volunteer Training](#)

[GO BACK TO THE TOP](#)



eg. if can't turn up

including guidance notes  
reassurance  
providing guidance  
on what volunteering entails,  
benefits, that concerns will be addressed  
with WM and/or VO



[Home](#)[My Wellbeing Sessions](#)[My Training](#)[My Volunteering](#)[My Awards](#)[My Profile](#)[Logout](#)[< Go back](#)

## Volunteering Log

Below is a list of the activities you have completed through the ICanDo pathway. New activities will be added by your team once your placement is confirmed.

P4

who would  
enter the  
volunteering  
details  
with VO?

### Salford Trinity Soup Kitchen

Last updated: 18th January 2024

Catering Assistant: You were responsible for serving soup and bread to people who came in for a meal. You assisted with kitchen hygiene by washing dishes once the meal time was over.

[View this log](#)

### Eccles Community Bookshop

Last updated: 4th August 2023

Assistant librarian: You were responsible for replenishing shelves when books were brought back into the bookshop, ensuring they were correctly categorised and recorded. You offered advice to people coming into the bookshop on what to read next.

[View this log](#)[GO BACK TO THE TOP](#)



[< Go back](#)

## Salford Trinity Soup Kitchen

### Add to Log

#### Log entry

Describe what you did in your session

#### How have you enjoyed this?

Rate your session out of 5



### Log entries

13TH FEBRUARY 2024

#### I Can Do Session One

##### Mentor notes

n

#### A relaxing start

##### Mentor notes

P4, P5, I1 → Wellbeing session  
entry to appear  
in respective  
session