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## My Action Plan

### What do I want to do?

I want to get out of the house more and be involved in my community.

### Why do I want to do it?

I feel lonely being home all the time and I think it might be nice to help people in some way.

### Ideas to help me reach my goal

1. Talk to my friend who volunteers for an animal charity. Ask how she found out about the role.
2. Visit the charity shops up the street. They might need helpers.
3. Look for adverts on the noticeboard at the library or supermarket..
4. Look online for charities needing volunteers.

### Turn my ideas into actions

1. I'm meeting my friend next Monday, so I'll ask her how she found about the role then.
2. I'll have a look in the charity shops on Friday to see if they have any posters up about needing help.
3. I'm going to the library and supermarket tomorrow, so I'll look at the noticeboards.
4. The MindWell website has a link to Doing Good Leeds and the Volunteer Centre. I'll have a look at the website to see what sort of volunteer roles are needed. I can do it when I'm at the library.



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### **How is my plan going?**

My friend found her role online. There weren't adverts for help needed, so I've searched on the Doing Good Leeds website. There are lots of roles advertised and I've got so many ideas now - I'm really excited!

The Doing Good Leeds website says you can have an interview with someone at their Volunteer Centre. They do a drop-in session at the local community hub where the library is, so I'm going to see them next week.

### **Result: Any next steps?**

The person at the Volunteer Centre drop-in was really helpful. They made me realise how many skills I've got! They had information about some really interesting roles and I've got a meeting next week with a charity not far from here. I'm so pleased!