



Information for Volunteers

Making friends is not so easy for people with learning disabilities. And young people with learning disabilities are twice as likely not to be engaged in education, employment or training as those without. They are often isolated and spend a lot of time at home with parents, family, paid or unpaid carers ... or on their own.

The Monday Night Club is a much-needed, weekly social club for adults (over 18) with learning disabilities and / or autism. We organise inclusive fun activities and social events including discos, karaoke, fancy dress parties, walks, outings and an annual talent show. We also have a football club, a sports club and a healthy cooking club every week. Please take a look at our website to find out more about our activities: www.themondaynightclub.org.uk

Our weekly activities take place on Monday evenings, an inclusive multi-sports club on Wednesday evening, football on Thursday evenings and our cooking club on Saturday to cook and eat a healthy lunch together.

Laura Gill founded the Club in 2011 so that she could meet her friends and have some fun — she has learning disabilities and autism herself. Laura has won several prestigious awards for her work with the club, including an award from the Prime Minister, The Point of Light Award. In 2018 we were awarded the Queen's



Award for Voluntary Service, the MBE for groups.

Where our funds come from

We generate funds from our activities and from grants and donations. We are a registered charity. The principal activity of the charity is to provide an inclusive social club, but specifically for adults with learning disabilities and / or autism in Worcestershire. We have a Constitution and a Committee of Trustees that meets four times a year.

Health and Safety

We meet in a range of different venues and public places. We regard our members as ordinary people, enjoying ordinary lives, without need of special protection. If a member of the Club needs extra support to attend, they bring their own staff, or family member, with them. Safeguarding our members is our first priority and volunteers will be required to have a DBS check prior to starting.

About learning disability

A learning disability is caused by the way the brain develops before, during or shortly after birth. It is always life-long and affects a person's intellectual and social development. It used to be called mental handicap, but this term is outdated and offensive. Learning

disability is NOT a mental illness. The phrase 'learning *difficulty*' is often used incorrectly instead of 'learning *disability*'.

What a volunteer at The Monday Night Club does

We expect our volunteers to encourage our members to enjoy their time at the Club's activities. To help them to join in — with socialising, playing games, talking to other members and generally making sure they are not sitting on their own (unless they prefer to do so). The Monday Night Club is a sociable and flexible environment and roles can be adapted around your individual skills, experience and interests. Our CEO, Helen Gill, manages and assists the volunteers and allocates duties as they arise with different activities.

A volunteer's qualities

It would be an advantage for volunteers to have the following qualities:

- Kindness
- Understanding
- Gentle approach
- Experience of working with people with disabilities
- Interest in people
- Reliability
- Flexibility
- Ability to undertake tasks as part of a group and as an individual



Application form

If you would like to volunteer at the club you will be asked to fill in an application form, and provide your contact details and two references. Volunteering at The Monday Night Club is open to everyone regardless of age, marriage status, disability or carer role, gender or sexual orientation, ethnicity or religion. We will make any necessary accommodations that we can to make volunteering possible for anyone.

Your time commitment

The club is on almost every Monday evening from 7pm – 9.30pm. There are only two or three Mondays every year when we do not get together, usually in the Christmas period, or if we are going on a trip. We are grateful for any time you can give us – there is no commitment to come every Monday evening.

MNC Extras

During the COVID pandemic we started to organise small group activities on different days of the week. Some of these have now become regular activities and any additional time you can give outside the usual Monday evening commitment will be very much appreciated. Current details of places and times can be found on our website.

Day trips and outings: We have at least two day trips and one outing to the theatre every year. You will know the dates well in advance and are welcome to come with us on these outings. We need your help even more than usual.

Support and Safeguarding

If you have any worries or concerns while you are volunteering Helen will be happy to answer any questions, queries or provide information and assistance as needed. Any concerns about a member's well-being should be shared with Helen. You will be offered training in First Aid and Adult Safeguarding.

Confidentiality

All information relating to our members should be treated as confidential. At no time should personal details relating to our members be discussed away from the Club.

Absence and Illness

Please give Helen one week's notice if you cannot be there on a Monday evening. If you are ill please call, send a text message, or email Helen as soon as you know you will be absent.



The Monday Night Club contact details:

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