

Park Road

FAQ – Introduction to Project

What is the Park Road project?

Park Road is a mental health project facilitated at a rehabilitation half way house for people who have been discharged from a mental health hospital or who are struggling to manage independently within the community due to their mental health conditions. The goal is for all residents to be reintegrated back into society and this project provides the residents with people to interact with who will listen to their problems and encourage them to get involved with activities and do something active and encourage skills that will be used when they live independently e.g. cooking, budgeting.

Why does it take place?

It runs to give the residents someone to interact with and to encourage recreational activities which are fun for them and also the volunteers, aiming to have an enjoyable and relaxing evening.

What happens on Park Road?

Park Road Volunteers visit twice a week in pairs and facilitate activities. Each visit volunteers create evening entertainment and send a poster to the management team at Park Road 5 days prior to visiting. This is put up in the houses so patients know what activities will be that week, and they can range from a games night, seasonal cooking, craft making, to a movie night.

When does it take place?

During university term time, fortnightly on a Monday or Thursday evening 6-8pm. You will be expected to meet beforehand approx. 5pm.

Where does it take place and how do we get there?

Park Road is located in Whitchurch, near the hospital. Address: **Park Road Rehabilitation Centre, 9 Park Road, Whitchurch, Cardiff, CF14 7BR**. You will get a train to Coryton station from Cathays and then walk less than 5 minutes to the house. There is an option of getting a bus which goes from Park Place. Additionally if you are able to drive, we have 2 SVC cars which you can book for your session.

N.B SVC will reimburse volunteers for the activities and travel expenses. You just have to bring in your receipts.

How many volunteers are needed?

2 volunteers are allocated per sessions, you may be paired with one of the lead volunteers. If your other volunteer is ill or cannot attend a session you CANNOT go on the session yourself. There will be reserve volunteers for the project to avoid this problem.

What are the volunteers' role?

As a volunteer at Park Road your role is extremely important as you provide social interaction for the patients. The aim of the project is to provide the patients with a few hours of engaging, sociable activities twice a week as well as helping develop their skills set. This will help patients build confidence and self-esteem, social skills, and

communications skills as well as giving them the opportunity to engage with students. Therefore an upbeat, friendly, outgoing, responsible and mature volunteer is essential!

COMMITMENT is vital for this project. If you do not keep up with the fortnightly visits then you will be letting the patients, staff and volunteers down. It is important to think about this before applying.

How do I apply for the Park Road project?

You will need to fill in an SVC application form (which you should have completed all ready) and Park Road additionally application which will assess your suitability for the role. You will also need to complete a DBS check with the SVC staff.

Will I be trained?

Yes. You will have an introduction and FAQ session with the house manager. Training is **COMPULSORY**.

What support will I get? Main contacts?

There are two lead volunteers for the project and they will be able to answer any questions you have regarding the project. Their joint email address is Park.road@svcardiff.org. Additionally, Charlotte Watson is the Project Coordinator for Park Road. You can contact her on c.watson@svcardiff.org at any time to discuss anything project related. Charlotte and your lead volunteers will be in contact with you regularly to check in and see how everything is going.