



Helping others is one of the **five ways to wellbeing**. These are 5 steps you can take to help improve your mental health and wellbeing. The others are connect, be active, take notice and keep learning. Volunteering is a great way of doing most of these.

Volunteers are important. They support people in Derbyshire in a variety of different ways. You might want to help with a youth group, sports club, befriending service, day centre or local community group.

About the Volunteer Passport

The Volunteer Passport is a 10-hour course delivered by Derbyshire Adult Community Education Service (DACES). It can be run over several weeks. It looks at key topics all volunteers need to be aware of. These include:

- equality, diversity and inclusion
- health and safety
- keeping yourself and others safe
- first aid awareness
- the person-centred approach

Everyone who completes the course gets an accredited certificate. There is no charge for certificates or to attend the course.

Who the Volunteer Passport is for

You could be an experienced volunteer who already gives several hours a week. Or you could be thinking about volunteering for the first time.

You don't need any qualifications to come on a course.

Why you should get a Volunteer Passport

It shows that you have the commitment, enthusiasm and skills needed to volunteer.

It can help you build on previous volunteering, work and life experience. It might help you find future volunteering, work or education opportunities.

Courses

Courses are held at venues across Derbyshire and online.

For details of courses coming up near you visit [DACES course search page](#) and put 'passport' in the 'Find a course' box.

Find out more

For more information about the Volunteer Passport course, or to put your name down for future courses in your area

email cs.dacesvolunteerpasport@derbyshire.gov.uk or tel: [01629 531241](tel:01629531241).

If you are an organisation looking to deliver the volunteer passport to your own volunteers, then please email passport@derbyshire.gov.uk

