

Impact on Volunteers

Evidence from Zest Communities, Zest in Care Homes, Zest on Zoom, and Zest at Home

WHAT DOES VOLUNTEER INVOLVEMENT IN ZEST LOOK LIKE?

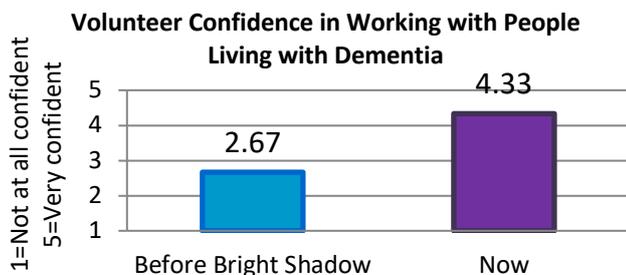
Volunteers are an integral part of Bright Shadow's success. We welcome volunteers who are keen to join our vibrant team, providing dementia-positive activities. You do not need to have experience of supporting people living with dementia or any artistic skill, and we have a range of different volunteering opportunities. Just ask how you could get involved! We will do our best to find a role that fits your interests and availability; support and training will be provided. Having fun is at the centre of what we do!

"I have really enjoyed all that I have done with Bright Shadow. They are a great team and made me feel very welcome. I've had loads of fun!"

(Comment from a volunteer)

IMPACT ON VOLUNTEER CONFIDENCE

Bright Shadow improves volunteer confidence in working with people living with dementia:



CHANGING PERCEPTIONS

Our survey showed that being part of Bright Shadow has improved volunteers' understanding of dementia, including development of a strengths-based understanding of living with dementia and increasing confidence to seek employment related to dementia:

"It gave me an appreciation that a dementia diagnosis doesn't mean that someone doesn't still have a huge amount of potential and things to offer the world."

"I was surprised to see how much people could do. They were so creative and inspiring."

SURVEY RESULTS

Initially none of the volunteers felt 'very' or 'fairly' confident to work with people with dementia.

Two thirds report feeling 'very confident' now.

100% of the volunteers said that supporting Bright Shadow has made a positive impact on other areas of their lives, with two thirds reporting a 'substantially positive' impact.

"I was pretty nervous the first time I volunteered at the Zest session. By the end of the first session, I felt part of the group!"

WHAT HAS VOLUNTEERING DONE FOR ME?

"Volunteering with Bright Shadow has been an invaluable experience."

"I've learned and gained so much, both professionally and personally. It has taught me about the community I live in, and made me feel involved in making it a warmer and more inclusive place to live. I've benefited from working with many people, with vastly different backgrounds."

"Volunteering with Bright Shadow provided me with the experience and confidence to pursue a job working with individuals with dementia."

"And I've benefited from the training and support they provide."