

We have reviewed our Icebreaker Service

Members of Icebreakers really enjoy how often they meet, how much it costs and where they meet.

Their parents are happy with the scheme

Staff and volunteers really enjoy Icebreakers

We won't be changing Icebreakers



Icebreakers enjoying some time out for a drink and chat

We have recently reviewed one of our oldest services to see if we need to change what we do.

Results from the Icebreaker Review

There was a 45-48% response to the questionnaires which indicates a strong sense of engagement with the process.

Service users were happy with the frequency of the scheme, the timing and the cost. The two highest reasons for attending were to meet with their friends and to do something different. Most have other activities outside of Icebreakers. 50% of those who responded said that they were independent travellers, but not at night. Nearly all felt they needed support with their money. All were happy with the transport arrangements. There was a strong element that the safety aspect of Icebreakers was valued.

Parents valued the service feeling that it enabled their sons/daughters to feel more independent, and they appreciated the transport element. 50% of those who responded stated that they valued the respite aspect of the scheme. None had any concerns about their sons or daughters when they were out with the Icebreakers volunteers. The most important aspect of the scheme was identified as transport, the second the choice of activities. 91% of respondents felt that they were well informed.

Staff and Volunteers It was clear from the focus group that there was more working than not working, particularly from their perception of the carers experience. They expressed that they would like to know more about how the funding works and one volunteer wondered if she was too old to be supporting the scheme. There was some concern expressed about administrative support to the scheme, but there was a sense that this was being sorted. They all felt that they would like to go out more often, but couldn't give any more time. They discussed independent travel, but felt that this would be unworkable as each month they went to a different venue.

Conclusion

From the feedback received the scheme is working well and, apart from parents requesting more evenings (although this feedback did not come from the members) the model of the Icebreaker scheme seems to work well.

Did you know that volunteering is really good for you?

A recent report by Volunteer England has shown that Volunteering has a positive effect on volunteers' health.

It can impact on their:

- length of life
- ability to cope with day to day life
- ability to keep healthy
- family relationships
- quality of life
- self-esteem and sense of purpose

The review has also shown that volunteering reduces the incidence of depression, stress, going into hospital, being in pain.

SoLO's survey shows that volunteers:

- Make friends
- Have fun
- Get a chance to do something really worthwhile
- Feel good about themselves

**Volunteering is good for your health
And great fun!**



So come on, what are you waiting for? We have loads of volunteering opportunities and it is clearly good for you!