

Case Study

Theme – Mental Wellbeing

Volunteering at Woodside

Through the Black Country in Motion programme we have worked with Woodside Day Centre in Dudley, which offers structured, therapeutic activities such as art and fitness for individuals with mental health problems

Through the programme we identified a volunteer to upskill and fund through a Zumba qualification to support the existing Multisport volunteer. Jonathan expressed an interest.

Volunteering was a great opportunity for Jonathan to learn something different and then be able to give something back to Woodside. He has been attending the centre for the past 14 months and they've helped him greatly. He wanted to repay the favour as well as helping his own fitness and self-esteem

Volunteering has improved his motivation and confidence which has enabled him to be able to speak in front of a group and at mental health forums which he'd have struggled with in the past.

A local Zumba instructor mentored Jonathan through the process. He now regularly attends 2 Zumba classes a week and he teaches at least 1 track a session to a group of 30 ladies. Well done Jonathan!

For further details visit:
www.activeblackcountry.co.uk



'I've always engaged in sport but since being diagnosed with PTSD (Post Traumatic Stress Disorder) it's been more difficult. The session has improved my mental health and I know the whole group has also benefitted from it



Jonathan

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