

Waddington Street Centre, a community based mental health resource centre, started up back in 1981 as a direct initiative of volunteers.

40+ years on, volunteers remain an integral part of the charity serving as support workers, tutors, mini bus drivers, in administration and as trustee board members.

The role of the volunteer in WSC is to complement and supplement the work of paid staff (not replace).

The contribution of volunteers to the progress of the WSC over the years has been considerable and continues to be greatly appreciated.



Waddington Street Centre Limited is a Company registered in England limited by guarantee  
Company No. 2330506,  
Charity Registration No. 701514  
Registered Office: 3 Waddington Street, Durham. DH1 4BG



## Waddington Street Centre

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### Website

[www.waddingtoncentre.co.uk](http://www.waddingtoncentre.co.uk)

WSC is a member of:



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**Supporting mental  
health in your  
local community**



## MENTAL HEALTH: THE FACTS

1 in 4 people will suffer some form of mental health problem during the course of their lives (*Royal College of Psychiatrists*)

Individuals with serious mental illness (SMI) have a reduced life expectancy of approximately 10-25 years compared to the general population (*de Hert et al 2011*)

Living alone, compared to living with others, increases the risk of depression by 42% (*Wu and others 2022*)

Individuals who are socially isolated are between two and five times more likely than those who have strong social ties to die prematurely (*Marmot Review 2010*)

### .....AND IN COUNTY DURHAM, POPULATION CIRCA 520K

51,000+ have a common mental disorder, e.g. anxiety and depression\*

23,000+ with 2 or more psychiatric disorders\*

1,300+ hospital stays for self harm\*

There are over 4,600 people in registered with GPs with a diagnosis of mental illness\*

Between 2019 and 2021 the suicide rate was significantly higher (15.8) than the England average (10.4) per 100,000 population\*

\*Local statistics

## RECRUITING VOLUNTEERS

In recruiting volunteers, Waddington Street Centre (WSC) adheres to principles of diversity and non-discrimination. Recruitment is by publicity through Durham Community Action, Durham University Community Outreach, by word of mouth and by any other acceptable method.

A person interested in volunteering is interviewed informally, an application completed, 2 referees asked for and consulted and an enhanced Disclosure and Barring Service (DBS) check undertaken. Volunteers of all ages above 18 are welcomed to apply, WSC being committed to equality of opportunity for everyone regardless of their gender, marital status, race, ethnic origin, colour, nationality, national origin, disability, sexual orientation, religion or belief or age.

Once appointed, the new volunteer goes through an induction process to familiarise them with the aims, policies and procedures and ethos of WSC. They are provided with a job description.

The volunteer is supported by the Assistant Manager and staff members during their time at the centre.

For more information go to:  
[www.waddingtoncentre.co.uk](http://www.waddingtoncentre.co.uk)

## WSC VOLUNTEER'S CHARTER

As a volunteer you may expect:

- To have a voluntary role that is worthwhile
- To have a clear description of your agreed tasks
- To be provided with the means to enable you to carry out your duties effectively, including adequate and up to date information about developments
- To be offered training opportunities for skill enhancement and expansion of relevant knowledge
- To receive appropriate support from WSC management and staff and the trustee board
- To have a voice in the decision making and the development of the Centre's activities
- To be reimbursed for travel expenses in accordance with WSC expense policy
- To be treated equally in accordance with the WSC Equal Opportunities policy
- To have any grievance taken seriously and dealt with appropriately

