

DO YOU KNOW ANYBODY INTERESTED IN BECOMING A COMMUNITY INSPIRER?

What is a Community Inspirer?

A community inspirer is an individual with living and/or lived experience of poverty or hardship which may include:

- Experience of using a foodbank
- Homelessness/housing difficulties
- Mental health difficulties
- Financial hardship



The role of an inspirer is a voluntary one, where you will share your experiences and use your voice to bring about change to ensure that other people do not suffer in the same way. Your continued involvement will help to shape services that are fit for everyone, making a fairer society for all.

WHAT TO EXPECT

- A safe space for individuals to share their experiences
- There is no pressure - you can do as much or little as you want.
- Be supported through the process - signposting to services that can help
- Travel expenses and refreshments provided
- Listened to and respected - sessions/dates and times are very much led by inspirers with facilitators support
- You can step out if you're finding it difficult at any time.

A PERSONAL QUALITY THAT MAKES A GOOD COMMUNITY INSPIRER

- "Anyone can be an inspirer"
- "A person who has the time to listen and give you their side of life and experience"
- "Honesty"
- "Wants to change poverty, willing to share their experience"
- "Sense of humour"
- "Listening to others, wanting to help others, empathetic and be who you are!"
- "Honesty with respect for others, always listening to others and even if you don't agree responding with how we would want to be spoken to. Working as a team whilst respecting each other's individualism."
- "Someone who wants to change things for the better"

THE BENEFITS OF GETTING INVOLVED



Meet new people and
increase confidence



Grow skills and
networks



Inspire positive change
and make a difference

For more information please contact either Clare, Tyra or Emma using the details below:

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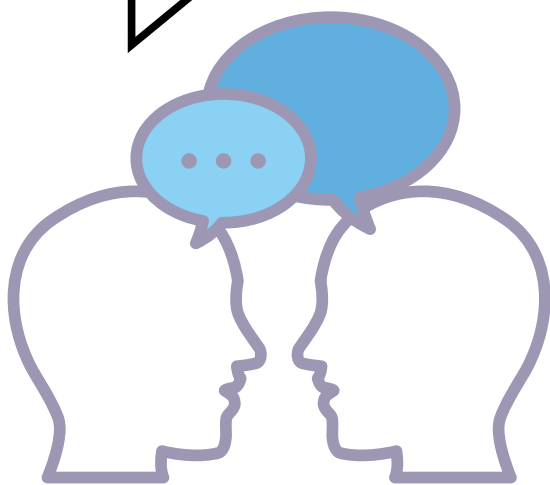
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“ QUOTES FROM CURRENT COMMUNITY INSPIRERS ”

What helped you participate and to stay involved?

“ I was grateful that I didn’t have any transport issues or stresses attending the meetings. We were very much respected and heard. Gave us constant support to continue and enthusiasm. Never feeling judged. ”



“ At first it was the level of support and inclusivity (transport etc...) I remained after seeing the changes made by us, knowing we could truly make a difference and were being listened to. ”

“ “Made me feel connected to the world”
“Knowing I could be myself”
“Belonging and purpose” ”



“ “You can go at your own pace”
“Make friends”
“Talking about things that matter like Mental Health and Poverty” ”

“ It does not matter about you or your disability it has given me the skills, confidence and my voice has been strengthened from speaking to people in a group, at conference events. Inclusive for everyone! ”



“ “Being with others going through the same things made me feel so free and uplifted because they were there to help each other. They were astounded and amazed at how well we have done and how much they learned from us from our lives. It was a success, I’m so glad I stayed being an inspirer” ”

“ QUOTES FROM CURRENT COMMUNITY INSPIRERS ”

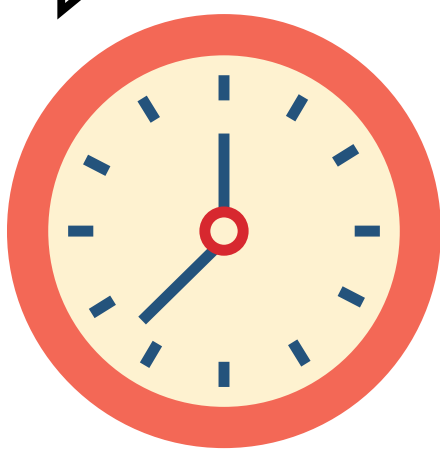
What helped you participate and to stay involved?

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"It is a safe zone - sharing your experience can trigger emotions but everyone understands and you're not judged.
There is no agenda - it is led by the Inspirers.....we are all equals"
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"I enjoy volunteering as it is my opportunity to give back."
"To be a community inspirer takes tenacity, a belief to make true changes to society for the good of all, a heart of gold, and a mind of a anarchist"
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"I loved the opportunity to try to make changes. To have my voice heard was very important to me. The facilitators made it so convenient to attend meetings by ordering taxis and keeping us in the loop as to what was happening"
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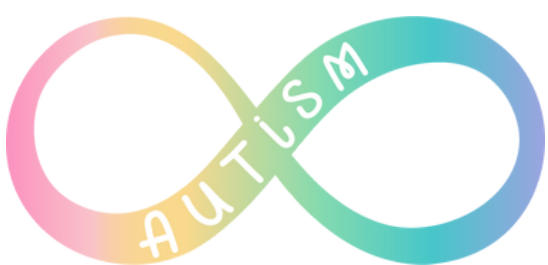


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Meeting other people like other inspirers and business/civic leads, the fact it worked around me and my commitments i.e. in school hours. Transport made it easy for me to attend and can't forget the amazing food!
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“Easily accessible, before the PTC my social anxiety made me like I did not have a say or that I wasn't important. The other inspirers and facilitators helped me see my worth! That I did have a voice and I was good enough!"
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"We are a really friendly almost family like group"
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I have learned many skills from being a Community Inspirer, I am a 75 year old with lifelong Autism so involvement in anything with multiple people is hard but now i can use many ways of using my coping mechanisms to get me through. .
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