Sharing Day

Information pack

Proud to be part of
Your Essex Community
Supporting the Voluntary and Community Sector

ATF

The Active Wellbeing Society

Why Host a Sharing Day?

A Sharing Day brings the impact of community participation to life. While data and reports tell one story, hearing directly from the people whose lives have been transformed tells another, one that inspires action, builds belief, and creates connection.

When potential volunteers, partners, and funders hear real voices sharing real journeys – from service user to volunteer to employee – something shifts. They see what's possible and want to be part of it.

Take Kayna's journey. She began volunteering at a time when depression and anxiety made even leaving the house overwhelming. "Volunteering has been helping me to meet other parents and be more open to other people," she shared.

That was just the beginning. Kayna progressed from volunteer to paid work with ATF, and then secured a job in a local school. When she shares her story at a Sharing Day, others see their own struggles reflected, and their own potential unlocked.

A Sharing Day celebrates the people who are the heart of your work. It showcases the power of community participation to transform lives, build confidence, and create belonging.

Most importantly, it sparks something in those who attend. New volunteers step forward. Organisations want to collaborate. Community members realise they too have something to offer.
A Sharing Day isn't just about looking back, it's about inspiring what comes next.

HOSTING A SHARING DAY

What to expect?
An inspiring celebration of community participation where you'll hear real stories of transformation - from service users to volunteers to employees - with opportunities to network and share your own experiences.

Who should come along?
Organisations, community services, funders, current and potential volunteers, anyone interested in learning how community participation can transform lives and create positive change.

PREPARATION PHASE

Identify Storytellers & Define Purpose
Select impactful, diverse stories that showcase: Different pathways (service user to volunteer to employee), range of experiences and backgrounds. Support speakers to prepare & feel confident sharing.

Arrange Venue & Logistics
Accessible, community-focused venue, space for presentations & networking, lunch/refreshments (helps create welcoming atmosphere), projector/screen for presentations.

Send Invitations
Audience: organisations, services, funder, current/potential volunteers, community members, anyone interested in community participation. Clearly communicate: purpose, schedule, and inspiring nature.

THE SESSION

Welcome & Organisational Story
Set positve tone, explain the purpose, introduce ABCD approach. Session should last approx 2.5 hours in total.

Story Sharing & Engagement
Hear directly from community members about their journeys, from service users to volunteers to employees. How volunteering transformed their lives. Skills gained, confidence built, connections made.

Networking & Story Sharing
Attendees connect with storytellers and each other. Participants share their own stories and experiences. Build relationships and explore collaboration opportunities

Share Resources & Information
Information about volunteering/employment opportunities. How organisations can support community participation

Gather Feedback
Collect event feedback (digital form works well)
Thank participants, explain next steps

FOLLOW-UP PHASE

Build ongoing relationships:
Continue conversations, support new volunteers, develop partnerships

Connect People to Opportunities
Follow up with interested individuals about volunteering
Connect organisations who want to collaborate
Nurture relationships and build on momentum created

Share Event Findings
Send summary/highlights to all attendees. Include key stories, impact data, next steps.

Remember: This is a celebration!
Create an inspiring, welcoming atmosphere that honours journeys and sparks connections.

After completing your Sharing Day, we'd love to hear your takeaways, key learnings, or any questions. Feel free to reach out via email at: communityparticipation@theaws.org