

## Living Well at Home Volunteer

<b>Team:</b>	Living Well At Home	<b>Department:</b>	Rehabilitation & Wellbeing
<b>Time commitment:</b>	Approximately one hour each week	<b>Line manager:</b>	Frances Cane
<b>Location:</b>	Across the London Borough of Croydon area		
<b>DBS Level:</b>	Enhanced	<b>Age:</b>	18+

### Why we need your help

- To enable us to provide a rehabilitation and enablement service to patients in their own homes.
- To promote independence and support to help someone to achieve their goal
- Increase patients' self-confidence and ability to self-manage their difficulties or symptoms.

### What activities will you be involved in as part of this volunteer role?

You will be providing rehabilitation for patients in their own home. This may include;

- Helping with exercises that may make things easier for them at home (for example standing from a chair)
- Supporting people to manage their breathlessness
- Helping a patient to put some techniques into practice that may help with day to day activities.
- Helping someone to mobilise

Other activities include;

- Attending a joint visit with the therapist to be introduced to the patient and the exercises they will be doing.
- Dealing sensitively and politely with patients that you visit at home.
- Respect that you are in someone's home and acting appropriately.
- Arranging further visits as agreed with the patient and the therapist within agreed hours.
- Promoting rehabilitation in all of your interactions with both patients and their families.
- Contacting the Living Well at Home team prior to and directly after a visit to ensure your safety at all times.
- Complete the visit report and submit it to the Living Well at Home team on the same day as the visit.

You will **not** be involved in the following;

- Toileting or personal care.

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## What you can gain from volunteering in this role

- Know you are helping dying people in your local community have access to care and support, whenever and wherever they need it.
- Experience of rehabilitation and really helping to make a difference to someone's quality of life
- Opportunity to meet and work with interesting and diverse people
- Join an enthusiastic team, meet new people and get more involved in your local community
- Use and develop your skills, enhancing your CV if that is important to you
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## Training and support provided

- An Introduction to Supporting People at End of Life training, date to be confirmed.
- Staff and volunteer induction training (covering all mandatory training)
- Living Well at Home Project training. Up to 1 day, at the Sydenham site or by zoom, depending on your availability. (Training is flexible at present and we will try and fit in with your availability)
- Ongoing informal training specific to the patient that you are visiting
- Monthly supervision sessions with the Living Well at Home team.
- Contact with the Living Well at Home team for support or questions regarding the patient/family at any time during working hours.
- Reasonable travel expenses will be paid
- Support from the Volunteering team including a regular e-newsletter
- Volunteer handbook and volunteer workbook
- Regular updates and training through MyImpact

## We are looking for someone who is

- Approachable and friendly and able to get on well with people of many different backgrounds
- Caring and committed to help improve the quality of life for our patients
- Able to work in a professional manner with patients who have a terminal illness
- Capable of completing entries in patient files and updating other written documents as instructed
- Enthusiastic about learning and keen to develop new skills
- Reliable and can be flexible in the offer of time
- Able to follow our policies and procedures to keep you, our staff, our patients and our customers safe
- Able to represent St Christopher's and our values positively.

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### Anything else you need to know

- There is a short settling in period to see if the role is right for you
- This role will require pre-volunteering checks, which will include a DBS Check. Having a criminal conviction will not necessarily prevent you from volunteering with us. Every situation is assessed on an individual basis.
- At St Christopher's we believe that no volunteer should be out of pocket because of their volunteering. The reimbursement of reasonable out of pocket expenses incurred whilst volunteering will help ensure volunteering is accessible.

### Commitment to volunteering

Signing up to be a volunteer with St Christopher's Hospice is a big commitment and requires lots of training and support from the organisation. With this in mind, ideally you would be able to volunteer with us for **a minimum of a year**. We would also ask that you to inform your manager if you are unable to attend your shift with as much notice as possible.

### Equality and diversity

St Christopher's recognises the qualities and strengths that a diverse group of volunteers bring to the organisation and we therefore particularly welcome applications from underrepresented groups within the local communities and from a range of different cultures and backgrounds.

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