

# Volunteering Today

“Volunteers are not paid, not because they are worthless; but because they are Priceless”

April 2019

Welcome to the latest edition of the Volunteer Services Newsletter.

Volunteer Services are continuing to look at ways to involve volunteers that will make a positive difference in the lives of our patients/clients. We currently have 544 volunteers and are keen to recruit more!

Word of mouth is our best promotion, so please tell your friends and family and help us recruit more volunteers.

## End of an Era

After 49 years of devoted service to Lagan Valley Hospital and the South Eastern Trust, Phyllis Magill has retired from her role in the Ex Patients Guild.

Volunteer Services would like to take this opportunity to thank Phyllis Magill for her many years of hard work and dedication to the SE Trust and would like to wish Phyllis a long and enjoyable retirement.



## Ardarragh Physical Disability/Sensory Hub



Ardarragh Hub provides different opportunities for adults living with physical health issues, hearing and/or sight loss. They offer education and support to help improve mental health and wellbeing and improve knowledge of health issues. For example, first aid training, mindfulness and British Sign Language Courses.

These opportunities are open to anyone living in the SE Trust area. If you, a member of your family, your carer or someone you know would benefit from this service, more information can be obtained from Petra Fulton, Disability Hub Co-Ordinator on mobile 07971 334610 or email: [petra.fulton@setrust.hscni.net](mailto:petra.fulton@setrust.hscni.net)

## SE Trust welcomes newly trained Volunteer Breastfeeding Peer Supporters

Breastfeeding rates in the UK are some of the lowest in the world with eight out of 10 women stopping breastfeeding before they want to. Breastfeeding rates in Northern Ireland (46.1% at discharge) are the lowest in the UK.

Women learn how to breastfeed by watching other women feed their babies in a community setting; it should be normal and a part of daily life. The lack of a breastfeeding culture is one reason why breastfeeding rates in the UK and in particular, Northern Ireland, are so low. Peer Breastfeeding programs can play a crucial role in an attempt to improve this.

Breastfeeding Peer Support is mother to mother support given by a woman who has breastfed her own children and who, with specialised training, provides on-going information and support to mothers following discharge home from hospital. Peer supporters are also able to put mothers in touch with health professionals for further support and advice.



Breastfeeding Peer Support is recommended by the World Health Organisation and forms part of UK NICE guidance on maternal and child nutrition and on routine postnatal care. The Unicef UK Baby Friendly Initiative standards require that additional support such as peer support is provided and that services work together to ensure that mothers can get additional help as needed.

The Health Development Department within the South Eastern Health and Social Care Trust are delighted to have trained their first cohort of Volunteer Breastfeeding Peer Supporters. The training provided was a pilot for the Public Health Agency based on the Solihull Approach.

The new Service, which will commence early May, is called BFF: Breast Feeding Friends and will offer telephone and text support as well as additional support at local Breastfeeding Support Groups.

If you are interested in becoming a Volunteer Breastfeeding Peer Supporter within the South Eastern Trust area please contact Jacqui Henning at [Jacqui.Henning@setrust.hscni.net](mailto:Jacqui.Henning@setrust.hscni.net)

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## Ards Ladies Committee



Ards Hospital Ladies Committee held a Fireside Quiz to raise money for Ards Community Hospital. The proceeds from this event enabled them to purchase a Tratnell Trolley for the Plastics Department in Outpatients.

The trolley was gratefully received by Consultant Plastic Surgeon Mr Harry Lewis, Mr Andrew Diver Specialist Register, Outpatients Sister Colette Hamilton and Staff Nurse Elizabeth Kernaghan Thank You so much Ards Ladies Committee for your continued Support.

## Building Dementia Friendly Communities

Congratulations to the Caring Communities Safe and Well Volunteer Befrienders who recently completed Dementia Friendly training. The aim of the workshop is to increase knowledge and improve confidence when supporting someone with Dementia. Thank you to Monica Watson (Caring Communities Officer) who delivered the training in partnership with the Alzheimer's Society.



## Thank you to Colm McKenna



Volunteer Services would like to pay tribute to Mr Colm McKenna who stood down from his position as Chairman of the SE Trust after over 10 years' service.

Colm McKenna was a passionate advocate of volunteering and through his leadership Volunteer Services flourished. We are very appreciative of Colm McKenna's commitment and support of Volunteer Services and have learned a lot from his compassionate leadership.

Colm McKenna is succeeded by Mr Deep Sagar.

Volunteer Services would like to extend a warm welcome to the new Chairman. We look forward to working together to further develop volunteering opportunities that will help improve outcomes for service users.



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## Meet Our Volunteers

<b>Name</b>	<b>Steven Johnston</b>
<b>Volunteer Role</b>	<b>Assisted Discharge Volunteer</b>



### ***Why do you volunteer?***

Simply to help patients return home as quickly as possible. We all use the health service and want it to be available when we need it - I feel I am helping to relieve the stress on the hospital. By providing an alternative form of transport, it avoids using ambulances which are then free for emergencies.

### ***What do you do?***

I provide transport for patients to take them home from hospital once they are ready to be discharged. I make sure that they are settled back home and ensure that they have all that they need before any care workers arrive e.g. shop for basic groceries etc.

I also deliver medication and equipment to those whose prescriptions and aides were not ready at time of discharge.

### ***What have you gained from volunteering?***

I have enjoyed helping people to get back home - where they want to be. It is very rewarding and I feel as if I am contributing something useful. I enjoy the conversations and interaction and I get a lot of satisfaction from helping people and seeing them settled back into their familiar surroundings.

### ***Would you recommend volunteering?***

I would definitely recommend volunteering. I get to meet some very interesting people both patients and hospital staff.

(A quote from Steven's Key worker)

“Steven and his colleagues are an integral part of the Red Cross Assisted Discharge service at the Ulster Hospital. They demonstrate the power of kindness at every opportunity to vulnerable individuals within our community who have very limited family and friend support. Not only do they provide a much needed and valued transport support home from hospital, they undertake tasks such as shopping, linking in with other services, that allow an individual to have the best start to their recovery and enhances their quality of life immensely. The role that they play is never taken for granted and the Red Cross would like to take the opportunity to say a massive thank you to them all for their hard work and dedication, even at a minutes notice!!!

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