



# Volunteering Today

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

October 2018

Welcome to the latest edition of the Volunteer Services Newsletter.

Volunteering has become a very important part of how we deliver services within SE Trust. Volunteers complement the work of our paid staff, offering encouragement; support and companionship; reaching out to those in need.

We 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 539 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.

## Volunteer Drivers Needed

Volunteer Services are currently looking for Volunteer Drivers to transport children to and from appropriate facilities in the Downpatrick area.



## Exciting New Role

We hope to recruit volunteer drivers to transport patient's home from the Ulster hospital when discharged and also to provide transport for patients to attend specific clinics for treatment.

This is a new role that is currently being developed so please call Volunteer Services if you are interested in volunteering. We would be delighted to take your details and contact you once the role has been finalised.



## Keep in touch with Volunteer Services on Facebook

We use our Facebook page to advertise new roles and promote events.

Please search for Volunteer Services SET and “Like” our page.

Volunteer Services office is open Monday to Friday 9am to 5pm

If you are interested in volunteering please contact Volunteer Services on (028) 9056 4817 or email [volunteer@setrust.hscni.net](mailto:volunteer@setrust.hscni.net)

## Take 5 Steps to Wellbeing



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

### **Connect**

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

### **Take notice**

Be observant, look for something beautiful or remark on something unusual. Savour the moment, whether you are on a bus or in a taxi, eating lunch or talking to friends.

Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### **Be active**

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

### **Keep learning**

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

### **Give**

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

## Volunteering is a fantastic way to Give

Volunteering can help you make connections with your local community, seeing yourself and your happiness linked to the wider community can be incredibly rewarding.

For further information on Take 5 please contact Health Development on (028) 9250 1373 or email on [volunteer@setrust.hscni.net](mailto:volunteer@setrust.hscni.net)

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## Thanks to Friends of Bangor Hospital

The South Eastern HSC Trust recently hosted a special event in recognition of support from the Friends of Bangor Hospital as they formally wind up their fundraising activities.

Mr Colm McKenna, Chairman, South Eastern HSC Trust said "Over the last twenty years the Friends have raised in excess of £116,000 which has been used to provide specialist medical equipment for clinics, patient comforts and is remarkable given the small number of actual



friends involved at any time. Bangor Community Hospital has witnessed considerable change over the last 108 years and with new advances in medicine, I am sure this site will continue to evolve for years to come."

Bill Aiken (Chair of Friends of Bangor Hospital), Marion Smith, and Dr Graeme Crawford spoke of the sadness the Friends felt over the closure of the GP ward. They also expressed how much enjoyment the Friends had experienced during the various fund raising activities, especially meeting the patients when distributing gifts whilst wearing the suffocating Santa outfit.



*Presentation of new equipment to Bangor Hospital with Left to Right Joanne Cairns, Bill Aiken, Marion Smith, Colm McKenna and Fiona Beattie*

The picture above shows Friends of Bangor Hospital formally presenting a new skeleton to Joanne Cairns from the Physiotherapy Department and a new Plaster Saw for the safe removal of plaster casts to Fiona Beattie accepting on behalf of the Bangor Minor injuries Unit.

## Welcome to Lynn Shields



Volunteer Services welcomes Lynn Shields, a new member of staff taking on the Key Worker role supporting Volunteer Befrienders within the Caring Communities Safe & Well Service.

Caring Communities aims to match a Volunteer alongside a socially isolated person over the age of 65 to provide companionship and friendship.

There are currently over 100 older people living in their own homes that are lonely and need a friend. If you are interested in becoming a befriender then please contact Lynn Shields on (028) 9756 6934 who will be happy to support you with this.

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## Meet Our Volunteers

<b>Name</b>	<b>Pauline Heaney</b>
<b>Volunteer Role</b>	<b>Ex Patients Guild/LVH Shop</b>



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

I and my family have been very thankful for services and care from Lagan Valley Hospital. I felt since retired, now is the time to give something back.

I have a motto in life I like to live by when possible "If I can, help somebody"

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

At Lagan Valley Guild of Ex-Patients and Friends we are a team of ladies who volunteer to give 3 hours a week every other month in the shop, to provide a service to staff, patients and those visiting friends in hospital. We sell baby clothes, toiletries, toys, sweets, cards, crisps, and drinks.

All our profits are used to purchase equipment for Lagan Valley Hospital. Currently we are processing the purchase of over £18,000 of very necessary items that in the current economic circumstances the Trust do not have funding for.

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

I have gained great new friends which is wonderful and a feeling of fulfilment.

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

I definitely would recommend volunteering, it is very worthwhile.

### **What does Pauline bring to Lagan Valley Hospital?**

(Pauline's Key worker)

*"Pauline and her colleagues in the LVH Ex Patients Guild are part of the fabric and life blood of the hospital.*

*Battling through all weathers they ensure that the shop is always open for patients, relatives and staff, and all proceeds are ploughed back into the hospital in the form of equipment that they so generously donate each year.*

*They approach their roles with dedication, warmth and humour and we are fortunate to have them."*