

# Volunteering Today

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

October 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 543 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.

## Assisted Discharge Drivers



Mary Baxter and Des Frew are just 2 of our fabulous Assisted Discharge Volunteers who are available to support patients discharge from the Ulster Hospital. These Volunteers will transport patients who are ready to be discharged back to their home. Not only are these Volunteers freeing up hospital beds in our increasingly busy hospital, but are getting patients back to the comfort of their own homes to rest and recuperate.

The SE Trust is delighted to be working in partnership with the British Red Cross to bring this unique role to our patients and their families.

We are keen to recruit more volunteers to help patients get home from hospital. You can do as little or as much as you can. **Every little bit helps.**

If you are interested in getting involved in this role or would like to find out about other volunteering roles in the Trust, please contact Volunteer Services on (028) 9056 4817 or [volunteer@setrust.hscni.net](mailto:volunteer@setrust.hscni.net) who would be delighted to discuss the role with you and help you through the application process.

## Did you know?

Did you know that the SE Trust is the **only** Health Care Trust that will accept relevant Volunteering experience on applications for paid jobs.

So as well as developing your personal skills and making friends – you are gaining experience that can lead to employment!!



## End of an Era

October marked the retirement of Fred Walsh, co-ordinator of the award winning Voluntary Laundry Service in the Lisburn area. Fred has volunteered within the Voluntary Laundry Service for the past 27 years, providing a weekly laundry service for elderly people and those living with terminal illnesses and also providing invaluable support for their families, especially in stressful situations of terminal illness and dementia.



In 2011, the Voluntary Laundry Service was awarded the Queen's Award for Voluntary Service. This is the highest award given to UK Volunteers, being equivalent to the MBE.

Volunteer Services would like to take this opportunity to thank Fred Walsh for his many years of hard work and dedication to the SE Trust and we would like to wish Fred a long and enjoyable retirement.

## Save the Date!!



Volunteer Services would like to invite all of our SE Trust Volunteers along to a Christmas Coffee morning on **Tuesday 10th December** from 11-12:30pm to be held in Dundonald Elim Church.

The Coffee Morning will be hosted by Deep Sagar, Chairman of the SE Trust as a way to thank you for your hard work and support over the last 12 months.

We would be delighted if you could bring a friend who may be interested in becoming a Volunteer. Meet other volunteers, enjoy a Mince Pie and each other's company.

If you would like to attend, please contact Volunteer Services on (028) 9056 4817 to let us know how many will be attending

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## SE Trust - Volunteer Strategy 2017 - 2022



Our Vision is “to provide a high quality volunteering service as a fully integrated Trust-level priority, enhancing user experience & outcomes, enriching the lives of Volunteers and supporting the health and wellbeing of the local community.”

To achieve this we are developing new opportunities to involve volunteers in how we care for service users. For example we recently established an Intergenerational Programme aimed at reducing Social Isolation.

Studies show that Intergenerational Programmes can improve young people’s social skills, confidence, self-esteem, school performance and decision making, whilst expanding their knowledge and building friendships. By contrast the young people offer company, energy and fun which can help reduce the loneliness that consumes many older adults’ lives.

Students from SERC Bangor Campus studying ‘Skills for Life’, were offered the opportunity to Volunteer in a pilot intergenerational programme to gain valuable experience that may help them gain employment or progress to a higher level education. The students were offered two roles, Activity Volunteer Bayview Resource Centre or Caring Communities Befriender. Within Bayview the Volunteers were able to help with art and crafts, baking, music, gardening and games. Each week was varied and also depended on the personal preference of the service user. The Caring Community Volunteers visited older people in their own homes. They had discussions around hobbies, interests and took part in different activities such as knitting, board games and reading the newspaper.

The placements within Bayview and the Community were successful with both the service users and young people enjoying the interaction.

Following the success of the pilot a 2<sup>nd</sup> cohort of young Volunteers befrienders is planned.

### Chairman’s Visit

The SE Trust’s Chairman, Mr Deep Sagar, visited Bayview Resource Centre in Bangor today, to meet volunteers and see them in action. The volunteers support clients to take part in arts, crafts and activity classes. There is also a historical discussion group that helps clients interact through reminiscence. The volunteers talked about their journey through volunteering and the positive affect it has on their lives.

Thank you to Bayview Resource Centre staff and volunteers.



*Deep Sagar meeting Peter Reid, Bayview Volunteer since September 2018*

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## Meet Our Volunteers

<b>Name</b>	<b>Jim Braiden</b>
<b>Volunteer Role</b>	<b>Voluntary Laundry</b>



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

To help patients remain at home for as long as possible. Everyone is more comfortable and at ease in their own home so I feel this is better for the patient and also relieves stress on the availability of hospital beds.

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

I support the Voluntary Laundry Service. This Service provides palliative patients with clean sheets and collects the dirty laundry. The service operates on a weekly basis for 52 weeks of the year and is invaluable to patients in supporting them to live at home for as long as possible. It also means less stress for carers.

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

The service is a support not only to the patient but to family and carers as well. I feel I am contributing in a practical and useful way. I enjoy the conversations and interaction with the family members. The majority of users of this service are elderly and often socially isolated and I feel the social contact is often as important as the practical service we provide.

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

I would definitely recommend volunteering. I get huge personal satisfaction from the volunteering work I do.

(A quote from Jim's Key worker)

Jim and his colleagues in the Lisburn Voluntary Laundry service provide an invaluable laundry service to patients with complex and palliative care needs living in the Lisburn area.

For 52 weeks of the year Jim and the other volunteers deliver clean sheets to vulnerable patients, taking a huge pressure off families and carers and helping individuals to remain living at home. The volunteers not only provide practical support but also friendship, kindness and social contact to many isolated patients and carers.

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