



ACTIVITY VOLUNTEER

Adult Mental Health Services

Location

*Hafan Y Coed, University Hospital
Llandough. There may be some
community based work also.*

Reports to

Activity Team Lead

Accountable to

Mental Health Volunteer Manager

Time Commitment

2 hours per week for a minimum of 6 months

Required Checks

*DBS (criminal Records Check)
Occupational Health check
Two References*

Expenses

*Reimbursed travel to/from locations
on day of volunteering*

PERSONAL REQUIREMENTS

- To have excellent listening skills and be non-judgemental.
- To have a positive outlook of rehabilitation.
- To be confident when communicating with service user, visitors, staff and general members of the public.
- To be enthusiastic about the aims and work of Cardiff and Vale UHB.
- To display levels of empathy and understanding at all times.
- To be presentable, smart and always wearing UHB uniform and ID badge.
- To recognise when to refer issues and questions to UHB staff.

ACTIVITY TEAM

The Activity Team is a dedicated team of staff which provides recovery focused activities to promote self-esteem and encourage positive engagement with healthcare staff and interventions. Activities are provided to inpatients who are able to leave the wards on the unit and take place within Hafan Y Coed. Participating in activities allows the patients to engage with staff and other peers in a holistic manner away from the ward. The aim of the Activity Team is to ensure that patient experience is of a high quality and the team endeavour to support ward staff in offering engagement opportunities to patients outside of the normal ward routine and environment.

OUTLINE OF DUTIES

The aim of the role is to support staff in the facilitation of structured activities within Hafan Y Coed. These could include helping patients to engage in art groups, health and beauty sessions, music groups, playing board games, social groups, gardening and sport sessions.

At a basic level the role involves listening and talking to patients and helping to distract and alleviate boredom.

MAIN TASKS

- To treat all service users with dignity, spending time in general conversation and listening.
- Assisting staff with structured activity sessions.
- To support patients to engage in those activity sessions while offering guidance and reassurance.
- Providing feedback to staff.
- To inform staff if a service user appears unwell.
- Accompanying staff when they are escorting patients to take part in community based activities away from the unit.

Volunteers will be treated inclusively by the Activity Team and will be offered ongoing supervision and guidance.



TRAINING AND SUPPORT

Volunteers will need to undertake Cardiff and Vale University Health Board Training and Induction as well as the one day Strategies & Interventions for Managing Aggression course. Training needs will be identified through the supervision process and me through Cardiff and Vale UHB Training Programmes.

BENEFITS TO THE VOLUNTEER

This role offers:

- Experience of working with a team
- Satisfaction of assisting others and providing an invaluable service to the Health Board and community
- An opportunity to use your own experiences to help others to make and maintain positive life changes
- An opportunity to develop personal skills and experience
- To contribute to a service that attempts to enrich and improve the lives of people suffering from mental illness

PERSON SPECIFICATION

Criteria	Essential	Desirable
Understanding the importance of confidentiality and following procedures	Yes	
Experience of working in a health care setting		Yes
Good communication skills	Yes	
Ability to speak Welsh		Yes
Ability to work on own initiative and as part of a team	Yes	
Reliable and punctual	Yes	
Experience of befriending		Yes
Experience of volunteering		Yes
Willingness to undertake training	Yes	
Available to volunteer for a minimum of 2 hours a week	Yes	
Enthusiastic and outgoing		Yes
Have skills and interests they wish to share with patients		Yes

