

MEANINGFUL ACTIVITY VOLUNTEER

Mental Health Services for Older People - MHSOP

Location

*University Hospital Llandough
and Barry Hospital*

Reports to

Ward Manager/Refocusing Nurse

Accountable to

Voluntary Services Manager

Time Commitment

*minimum of 2 hours per week for
at least 6 months*

Required Checks

DBS (criminal Records Check)

Occupational Health check

Two References

Expenses

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

PERSONAL REQUIREMENTS

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

OUTLINE OF DUTIES

MHSOP provides person centred care to meet individual needs, support choice and enhance wellbeing for people with dementia or functional severe mental health illness after the age of 65.

MHSOP also has a specialist unit for Younger Onset Dementia (YOD), a specialist and dedicated service for people who receive a diagnosis of dementia under the age of 65.

Volunteers will be meaningfully engaging with patients through activity, either 1:1 or in small groups in the Day Room. Activities include puzzles and games, arts & crafts, seasonal activities (e.g. Christmas card making, valentines decorations) and reminiscence. Volunteers may also be helping the Refocusing Nurse on the ward to deliver meaningful engagement and activities such as social/friendship groups, physical activity groups (e.g. quoits and skittles).

The role will involve engaging with patients who will have varying needs and levels of functioning and so will require resourceful volunteers who are confident communicators.

MAIN TASKS

- To treat all patients with dignity and respect
- To support patients to engage in and to encourage participation in activity sessions
- To engage in meaningful activity with patients 1:1
- Assisting staff with activity sessions, which could include arts and crafts, social games and seasonal activities
- To help organise and deliver sessions, liaising with the group facilitators
- To reassure anxious or nervous patients and help them to take part in the activities
- To help with setting up the room at the beginning of the session and returning the room afterwards
- Accompanying service users between the common areas within the ward if requested by a member of staff
- Using the Interactive Touch Table with patients
- Undertaking virtual visiting calls

TRAINING AND SUPPORT

Volunteers will need to undertake Cardiff and Vale University Health Board Training and Induction as well as an appropriate level of manual handling and violence and aggression training. Training needs will be identified through the supervision process and met through Cardiff and Vale UHB Training Programmes.

Volunteers will be treated inclusively by the Voluntary Services Team and the Ward Team and will be offered ongoing supervision and guidance.

BENEFITS TO THE VOLUNTEER

This role offers:

- Experience of team working.
- Satisfaction of assisting others and providing an invaluable volunteer service to the Health Board and Community.
- An opportunity to develop personal skills and experience.
- An opportunity to develop communication skills further.
- An opportunity to develop knowledge about communication difficulties.
- Reference on request (only available once you have volunteered for six months)

PERSON SPECIFICATION

Criteria	Essential	Desirable
Understanding the importance of confidentiality and following procedures	x	
Experience of working in a health care setting		x
Excellent communication skills	x	
Ability to speak Welsh		x
Ability to work on own initiative and as part of a team	x	
Reliable and punctual	x	
Enthusiastic and outgoing	x	
Experience of volunteering		x
Willingness to undertake training	x	
Available to volunteer for the required time shown	x	
A basic level of understanding of dementia	x	

Kind and caring
Caredig a gofalgar

Respectful
Dangos parch

Trust and integrity
Ymddiriedaeth ac uniondeb

Personal responsibility
Cyfrifoldeb personol

