



OUTDOOR ENGAGEMENT AND BEFRIENDER VOLUNTEER

Sam Davies ward

Location

Sam Davies Ward, Barry Hospital

Reports to

Ward Manager

Accountable to

*Voluntary Services Team
Manager*

Time Commitment

*Minimum of 2 hours per week,
for at least 6 months, days to be
confirmed*

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.

AIM OF ROLE

The ward is a mixed medical ward including rehabilitation, for patients over 65 years. To support patients health and wellbeing the ward is developing and uses an enclosed courtyard area (which is accessible to other patients, visitors and staff), and the ward Activities Room for nature based activities and relaxation.

Volunteers will be supporting and interacting with patients in the courtyard area and the Activities Room; encouraging patients to enjoy and engage with the outdoor space, supporting patients who may feel lonely, isolated or bored.

To support patients, Volunteers will be utilising their own interest/knowledge of nature and wellbeing, and will need a good understanding or interest in the benefits of nature in supporting health and wellbeing/horticulture/gardening. Volunteers will also be supporting patients and staff with mindfulness and nature based activities in the outdoor courtyard spaces, and on the ward.

MAIN TASKS

- Accompanying, spending time and providing company to patients in the courtyard area and ward.
- Supporting staff to facilitate activities such relaxation and sensory activities.
- Support in the courtyard with general plant care, assist with providing refreshments, preparing seating and engagement areas.
- To treat all service users with dignity and respect
- To follow safeguarding policy and procedure
- To inform staff if a service user becomes unwell
- To support service users, and visitors to engage in sessions by providing reassurance and guidance
- Provide feedback to staff

This role requires regular commitment to volunteer each week to build familiarity with patients

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

IMPORTANT BOUNDARIES

This role does not include medical intervention, advocacy or counselling. This role does not involve shadowing clinical staff. Volunteers will not be carrying out any clinical tasks or clinical interactions.

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.

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	
Understanding of, or interest in nature, gardens/allotment spaces and use in mental health	X	
Ability to speak Welsh		X
Ability to work on own initiative and as part of a team	X	
Reliable and punctual	X	
Available to volunteer for the required times shown	X	
Calm, enthusiastic and outgoing	X	
Experience of volunteering		X
Experience of befriending		X
Willingness to undertake training	X	

Kind and caring
Caredig a gofalgar

Respectful
Dangos parch

Trust and integrity
Ymddiriedaeth ac uniondeb

Personal responsibility
Cyfrifoldeb personol

