**Volunteer Role Description:**

**Tower Hamlets Residential & Nursing Homes for Older People**

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| Role Title: | Volunteer Assistant for Dementia Residents at a Care Home |
| Location: | Rosewood House Care Home82 Redmans RoadStepneyLondonE1 3AG  |
| Site Supervisor: | Wellbeing co-ordinator / Nurse(s) at Rosewood House Care Home |
| Days: | Various - to be mutually agreed |
| Times: | Various - to be mutually agreed |
| Frequency of volunteering: | Various - to be mutually agreed, for a minimum of 6 months |
| Brief service background: | Rosewood House Care Home (part of Hamberley Care Homes) provides residential, nursing, dementia care and respite breaks for older people. In addition to an en-suite bedroom, residents have access to communal lounge and dining areas, a large garden space, a wellbeing & beauty salon, café and a cinema / activity room. Rosewood House also has a dedicated neurocare suite which provides care and support for adults of all ages who live with a neurological diagnosis. |
| Role Tasks/ Skills required: | * Providing volunteer to support to one of two units at Rosewood House Care Home
* Volunteers can be matched with care home resident(s) based on common interests / language(s) spoken
* Volunteer support can be during weekday office hours / evenings / weekends – TBC dependent upon volunteer availability and Care Home preference
* To spend 1:1 time with residents - for companionship, befriending and personalised activities
* To support residents on a 1:1 basis to access the local community, to a destination of their choice (with volunteer consent)
* To set up and run group sessions for residents in volunteer pairs or small groups
* Volunteers are encouraged to be creative and develop their own activities (deemed suitable for residents)
* You will not be required to support with general care tasks e.g. personal care, toileting etc. Care Home staff are responsible for this.
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| Language of Residences/ Patients: | Various – languages of current residents include English, Bengali, Farsi, and Greek.  |
| Benefits to Volunteers:Benefits to Patients:Benefits to Staff: | This is an opportunity for people who have an interest in working with older adults who present with physical and / or mental health problems. You will be able to develop a sound and holistic understanding of this client group. You will be able to improve rapport and communication skills using a friendly, empathetic approach. You will be able to utilise skills of individual and / or group work in a person-centred manner. You can make use of peer support with other volunteers during your time supporting the residents. You will also be invited to attend a monthly team meeting with the ELFT People Participation Team.You will help to improve the well-being and quality of life of care home residents. You may brighten their day by having a friendly chat or supporting them to engage in activities that takes their interest. The time you spend with them will be greatly valued.Staff members at the care home and external partners will be grateful for your time spent with residents. Your input will help to provide out of hours support to residents that may otherwise prove difficult. |
| Ward Induction details: | * A formal induction at the care home during regular office hours will take place prior to volunteers beginning their role
* You will have the opportunity to observe group sessions currently taking place
* You will be provided with information for your learning about some of the common diagnoses of care home residents e.g. dementia
* You will receive continuous support from the ELFT People Participation Team as well as the ELFT Tower Hamlets Specialist Care Home Liaison Occupational Therapist, who works alongside Rosewood House Care Home.
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| Development opportunities: | You will develop various skills in your volunteer role. You will also learn about physical and mental health conditions, relevant to the residents who you will support. You will be offered support during your volunteer role by Rosewood House Care Home, ELFT People Participation Team and ELFT Tower Hamlets Specialist Care Home Liaison Occupational Therapist. |
| Expenses: | * Travel can be claimed for journeys\* to and from your volunteering base.
* A receipt is required/ bank statement
* Car travel must be agreed with the volunteer supervisor beforehand and paid at 56p per mile
* Expenses for a lunch up to a maximum of £4 (reimbursed upon providing a receipt) can be claimed if volunteering exceeds 4hours in one day.
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| Health & Safety, Confidentiality & Equal Opportunities | Volunteers must abide by the East London NHS Foundation Trust policies on Health and Safety, Confidentiality and Equal Opportunities. |
| Insurance | In the event of an accident whilst undertaking any part of the volunteer role on behalf of East London NHS Foundation Trust you will be covered by the relevant Trust insurance policies as long as relevant health and safety procedures have been followed. |