



# Volunteer Service Newsletter



Bradford District Care  
NHS Foundation Trust

Issue No.5 – April 2024



## Enhancing our services

March saw the launch of our **Volunteer to Career** support programme, led by clinical leads Joanne Smith and Jade Beesley. During their first session, they explored what wellbeing means to individuals and how important wellbeing is within the NHS:



Jo and Jade also hosted a face-to-face session for Cultural Competency & Humility Training and had a fantastic 11 volunteers attend. There were many thought provoking conversations.

## Latest News

Last month we had the pleasure of welcoming current volunteers to our first **Volunteer Social**. Many of our volunteers may be the only volunteer on their shift at one time, so it was a lovely opportunity for them to spend time with each other.

Alongside an exceptional, global fuddle (our volunteers are from many countries and made some delicious food), we gathered thoughts from our volunteers on what helped them feel supported by the Trust and by their Volunteer Coordinator. A strong theme was communication; being kept informed of developments, knowing who to contact if there were issues and having regular updates. Volunteers also appreciated the focus on their personal and professional development; support to reach goals, training offers and coaching opportunities. Thank you to all who participated.

The discussion questions were inspired by our directorate away day, where, with Well Together, we represented 200 volunteers. It was a stimulating day and a good opportunity to meet 180 of our colleagues within the newly named Directorate of Patient Safety, Quality and Experience.

## A Day In The Life Of...

Noor is a weaning information volunteer, as a Mum of 2 Noor found that there was very little information around when she first started giving solid foods to her children. Now she helps to give important information to parents to help them get weaning off to the best start.

Noor said...

“Helping others gives me joy, especially when sharing knowledge that eases a parent’s journey. It’s about making those first steps in weaning less daunting and more joyful. It’s rewarding to empower parents with confidence as they navigate the new stages of parenthood, ensuring they feel supported and informed every spoonful of the way.”



## Celebrating Our Volunteers

### National Volunteer Certificate

- Aloma Ramesh (Podiatry)
- Zahra Beheroofar (Podiatry)
- Deborah Gibb (Breastfeeding Peer Support)
- Andrew Paterson (Cafe Assistant)
- Hamna Ali (Cafe Assistant)
- Premalatha Rajasekaran (Clinical Administration)
- Beth Green (Breastfeeding Peer Support)
- Georgina Lovely (Breastfeeding Peer Support)

### Outstanding Volunteers of the Month

- Chris Rollings (Walking Group Volunteer)
- Ian Mitchell (Cooking Group Volunteer)
- Temitope Ogunremi (Weaning & Health Promotion Volunteer) and
- Scarlet Clark-Evans (Baby Clinic)



### And last but definitely not least...

- 2 of our volunteers secured paid work in the NHS
- 1 person started a college course and their first steps to becoming a nurse
- 17 volunteers completed the Skills Connect-Pathway to Care employability course and
- 2 volunteers achieved their Level 1 Breastfeeding Peer Support award.
- The Volunteer to Career maternity volunteers have completed 100 volunteering hours in a short 5 weeks!

## Staff News

We have been joined by two new staff members!

**Emily Ekong** is our new Therapeutic Volunteer Coordinator at Lynfield Mount Hospital. She may be a familiar face to those of you who have popped into the Four Seasons Cafe for a cuppa- Emily has worked there for the last year, alongside our wonderful volunteers. **Contact Emily:** [imeh.ekong@bdct.nhs.uk](mailto:imeh.ekong@bdct.nhs.uk)



**Jackie Dawson**, our Trusts, Foundations and Corporate Partnerships Manager will be leading the development of our Better Lives charity; researching and securing significant funding from trusts and foundations and providing excellent stewardship to key corporate partners. **Contact Jackie:** [jacqueline.dawson@bdct.nhs.uk](mailto:jacqueline.dawson@bdct.nhs.uk)



In January to  
March 2024...

...our fabulous  
volunteers gave  
**671** hours and  
took part in **223**  
activities

## Check in and Chat Referrals

Do you work with any patients who  
maybe lonely or isolated?

Did you know about our Check In  
and Chat Service?

The service offers a weekly  
telephone call to service users to  
help address loneliness and  
isolation. We are currently taking  
referrals from District Nursing,  
Community Matrons, Children's  
Services and Palliative Care.

To make a referral or for more  
information contact:  
**CheckInAndChat@bdct.nhs.uk**

## Jo's Quote of the Quarter

"Volunteering is not just about giving back; it's about investing in your own growth and potential. Each act of service is a stepping stone towards a fulfilling career, where passion meets purpose and impact knows no bounds. Embrace the journey of volunteering, for it not only enriches others' lives but also shapes your own path towards success."

## Volunteer Opportunities

Our latest recruitment has now closed but we do have a few opportunities which are still open:

**Breastfeeding peer supporters** - if you have experience of breastfeeding and would like to support other Mums.

**Gardening and creative groups** at Lynfield Mount and Airedale Centre for Mental Health - if you are particularly green fingered or creative.

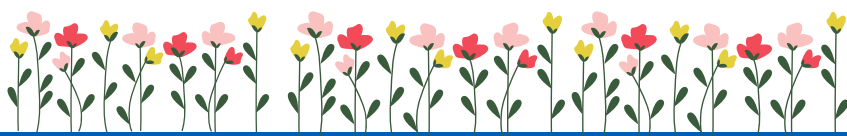
**Dance Project Support Volunteer** - supporting young people on CAMHS waiting lists to participate in Dance United Yorkshire workshops.

Apply online at:

**[www.bdct.nhs.uk/get-involved/volunteering-2/](http://www.bdct.nhs.uk/get-involved/volunteering-2/)**

If you'd like to be added to our distribution list and be the first to hear about our opportunities then please send your details to **volunteer@bdct.nhs.uk**


Please do get in touch also if you would like us to work with your service to develop a role where volunteers could support your teams as we are always looking expand the range of volunteer opportunities we offer.



## Get in Touch

Have you got a question, an idea for a volunteer role or any feedback? We'd love to hear from you!

 [volunteer@bdct.nhs.uk](mailto:volunteer@bdct.nhs.uk)

 07387 546256

 @BDCFT\_Volunteer

 Volunteer with BDCFT