

Community Neuro Rehab Companion Volunteer

About this role:

Are you interested in helping individuals with a neurological condition – to fulfil their goals and reduce their sense of social isolation? We are recruiting a team of enthusiastic and dedicated volunteers to be a part of the Community Companion team, helping to connect with patients who have finished their NHS treatment with our community neuro rehab team and live in their own home within the Richmond Borough. Supporting patients who have conditions such as Multiple Sclerosis (MS), Parkinson's Disease and Stroke and have recently been discharged from the community neuro rehab team, you will help (re)connect them with their hobbies, interests, and independence. This will give you a chance to get to know an individual over the 6-week structured programme of visits and phone calls and help them achieve their goals for living well.

You will meet the patient alongside a clinician for your first visit and work with them to create meaningful life goals for staying safe, well and supported following their discharge from the community team.

What this role will involve (these will vary depending on the patient, and may vary from session to session with the patient):

- Making visits to patients' homes in Richmond Borough
- Encourage and motivate to take part in acts of daily living e.g., making a drink, washing up, making their bed etc.
- Encourage a strengthening exercise programme as directed by a clinician.
- Provide information about local support services or groups that might meet patient's needs.
- Going out for a walk together (a route or area where the walk will take place will be agreed upon beforehand)
- Attending a local event together
- Helping with access to hobbies and interests, e.g., light gardening etc.
- Accompanying a patient to the shops or out and about in their local community
- Encouraging and supporting with social activities, e.g., going out for coffee
- Write brief, concise notes and send them via secure NHS email (with guidance and training)
- Escalating any concerns appropriately to clinical lead

What we are looking for:

- Able to communicate clearly with others and build rapport.
- Confident working in an unfamiliar environment
- Undertake mandatory training and dedicated training required for the role.
- An effective listener and to have empathy.
- Able to be respectful of people from all walks of life and protected characteristics e.g., gender, religion, sexuality, disability.
- Able to maintain confidentiality and to report concerns appropriately.
- Able to attend sessions of volunteering independently with the guidance and support of the Volunteering Team at HRCH
- Able to recognise own boundaries and the limitations for the role.



- Willing to use own technology, e.g., password protected computer or laptop, to complete brief notes of activities and submit them on a regular basis.

Essential requirements / commitment:

- Must be over 18.
- Undergo an enhanced DBS check.
- Commitment of at least 1 session per week, approximately 2-3 hours per week for a minimum of 6 months. With travel and activity time, this usually equates to 1 participant at a time as well as half a day for acute work experience placement if completing this role as part of the Volunteer to Career programme.
- Willing to travel to a patient's home or locality within the borough of Richmond. Where possible you will be matched with a participant that lives locally to you.
- To live our values through your volunteering role at HRCH

How will I be supported and what will I gain from this opportunity?

- 121 and group support from members of the volunteering team
- The satisfaction of being an integral part of the Community Neuro Rehab Team that HRCH offers
- Gain experience of volunteering in the NHS.
- Learn new skills and develop existing skills.
- The experience can contribute to your personal development and confidence.
- Improve your own physical health and wellbeing.
- Invitation to 2 x annual awards to celebrate the support our volunteers, gives an opportunity to meet other volunteers at the trust.
- A reference to support applications – please kindly note that this is only provided after our minimum commitment of 3hrs per week and 6 months has been met.
- Reimbursement of travel costs, in line with our volunteering policy
- Bespoke role training

If you have any enquiries, please do get in touch:

Email:

Telephone: