

Volunteer E-newsletter

February 2021



February



Dear Volunteers

As we approach Valentines Day on 14th February I thought that this newsletter should focus on YOU. The month of February is usually devoted to loving others. That is a brilliant thing to do and it is very important when it comes to living a positive life—but so is loving yourself!

There are too many people in this world who treat others better than they treat themselves so this edition will hopefully give you some tips and techniques on showing a little self-love. See inside for some tips.

For many this second lockdown has been brutal, loneliness and isolation feels worse during the cold winter months. Reaching out can help you get through this isolation and hopefully make you feel less alone.

We want to hear from you! Give the office a call, email us, write to us! You're in *our team* and we want to know how you are. We look forward to having all our volunteers back together, we have lots to celebrate when our lives get back to the new normal. Until then stay safe!

Anita, Marie and Lucy

WE 
VOLUNTEERS

Contacting the Volunteer Department

The volunteer department is manned from

8am—4pm Monday to Friday

Telephone 0151 676 5484/ 0151 430 1874

Email correspondence should be sent to

Volunteers@sthk.nhs.uk

Volunteer E-News



Large Vaccination Programme (LVP)

Saints Stadium

The large vaccination programme is fully underway at The Saints Stadium, there have been more than 15,000 people have received their vaccination. The volunteers continue to play a major role in the smooth running of this hub which is the biggest vaccination programme in NHS history.

If you would like to help contact the office for more information.



Remembering Our Volunteer

Pauline Parr (RIP)

Whilst volunteering at the Totally Wicked Stadium on Saturday evening, I was chatting to a Saints stewards called Anne-Marie. It turned out that Anne-Marie was a close relative of our volunteer Pauline Parr who sadly passed away on 11th February 2020. We chatted about how Pauline loved her Meet and Greet volunteer role so much that Anne-Marie had one of her volunteer polo shirts made into a bear as a keepsake. I thought this was a lovely gesture and Anne-Marie was happy for me to share the picture of the bear with other volunteers in our newsletter.



Meet Bufels the Bear!

We send our love to Pauline's family and thank them for sharing Bufels with us, such a lovely keepsake xx

Volunteer Training & Information

“ NHS 111 First is a national initiative that asks people who are thinking of walking into A&E to call 111 before they go. This will allow the trained call takers to direct you to the most appropriate service, so you get the best care for your needs as quickly as possible. If you need to go to A&E they will give you a time slot to maintain social distancing and you will be expected at A&E and will be seen quicker when you arrive. If you would like this survey in a different format or language please contact patientexperienceteam@sthk.nhs.uk ”



Welcome are new volunteers

Carol Devery Jacky Gee Amanda Griffiths Ross Bate



To our returning volunteers!

Dementia & Wheelchair Training

We are arranging dates to enable the above training courses to resume; you may or may not know that Dementia training is mandatory; wheelchair training is not mandatory but is a training which can be very useful.

Please note; until you have had training you **Can Not** push anyone in a wheelchair as a volunteer.

Volunteers do not take the place of a Porter so volunteers who have been trained can only push wheelchairs for the benefit of the patient i.e. to get some fresh air, visit the shop or restaurant, to get to outpatients or wait outside the hospital for a taxi.

Please contact the volunteer office to enrol onto training.

FREE EVENTS ON EVENTBRITE

Why not try something different!

Wed, Mar 31, 2021 5:00 PM BST

Monthly Wellness Wednesday:

An Hour for You & Your Wellbeing

Sun, Mar 14, 2021 7:00 PM GMT

Get into Medical School: Journey of a Doctor in the NHS

Wed, Mar 17, 2021 2:00 PM GMT

Compassion Fatigue and Self-care: PRS, Families & Allies

Sat, Mar 13, 2021 2:00 PM GMT

Doctor for a Day Conference 2021

<https://www.eventbrite.com/>

Search for Free events by month

ENJOY!

The Value of Volunteering

An article written by Mark Lever ,Chief Executive Officer, Helpforce

‘Is too much emphasis being placed on the finance required, rather than focussing on the value that the investment in volunteering can bring?’

Recently, I delivered a webinar on preparing impactful business cases for a group of Volunteer Service Managers who are part of our programme to scale and spread the Response Volunteer role through their Trusts.

Business cases are critical in providing the evidence and justification for a volunteering project or programme and for evaluating the benefits, costs and risks associated with it.

In preparing for the webinar I reviewed several business cases and spoke to a number of people about their own experience of making the case for investment in volunteering.

My reflections from this are that too much emphasis is being placed on the finance required - and trying to keep it as low as possible - rather than focussing on the value that the investment in volunteering can bring to a particular problem or challenge faced by the reader of the business case.

By this I mean that if a sufficiently strong case is made for the investment then often the size of the investment becomes secondary.

One of the challenges is to express the value or return on the investment in volunteering in a way that resonates with the reader - and not the writer. This often means viewing the value of volunteers through a different lens.

There are many possible lenses through which we can look - without wishing to be overly stereotypical - a Finance Director may be primarily interested in any potential costs savings or efficiencies, a Director of Nursing may be interested in reducing pressure on ward based staff, a Director of HR may be interested in the impact on staff health and well being and a CEO may be interested in the impact on publicly declared improvement targets for the Trust as a whole.

When you are immersed in the frontline of volunteering you see the warmth, humanity and empathy volunteers bring to their work and it is often tempting to put this impact front and centre in a business plan - it can be harder to think about how this might translate into the measures suggested above.

A conversation I had regarding the role and impact of the thousands of vaccination centre volunteers recently illustrates this point. The vast majority of the volunteers are involved in marshalling and advocacy roles - primarily there to provide much needed support and reassurance to understandably anxious members of the public - warmth, empathy and support very much in evidence.

Now let's look at the role of the volunteers through a slightly different lens - that of efficiency and patient flow.

Lets say that through their effective marshalling and support each patient gets through the process of vaccination in 13 minutes rather than 15 minutes (say). Over a 10% improvement in flow. With c 500,000 folk being vaccinated a day this 10% improvement could potentially increase the potential number by 50,000 in one day - a million in less than 3 weeks. To those committed to increasing the rate of vaccination a request to invest more in these roles could be quite persuasive when presented with such an impact.

Mark Lever, CEO Helpforce, February 2021



SELF CARE IDEAS

5 MINUTES

- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Txt someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- put on a face mask
- go for a walk
- Make a smoothie
- stretch
- have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies

Self-Love

Scents to lift your mood



Lavender

Research suggests this herb can lower mild anxiety.

Frankincense

This opulent, warm aroma can balance emotions.

Rose

Rose oil helps to relieve tension and promote a sense of wellbeing.



Lemon

This crisp aroma immediately focuses concentration.

Jasmine

Used for centuries to calm the nerves. It can be used as an antidepressant thanks to its ability to encourage confidence and optimism.



- **Self-love** is not selfish; you cannot truly **love** another until you know how to **love yourself**.
- Owning our story and **loving** ourselves through that process is the bravest thing that we'll ever do.
- Be proud of who you are, and not ashamed of how someone else sees you.
- **Be yourself.** ...

You can't pour from an empty cup.



THE GREAT OUTDOORS

HELP YOUR GARDEN BIRDS



Population numbers for wild birds across the UK are falling. Since the 1970s alone, we have lost 71% of starlings and 50% of house sparrows. A whopping 52 species are considered at risk.

But gardeners can help. Just putting out some food and water can help wild birds to survive, especially during these cold months. Keep bird feeders around 6ft off the ground in a sheltered spot, and place some water nearby – fresh water is just as important.

Great bird food includes bird seed mixes, peanuts, black sunflower seeds, bird cakes and fat balls. However, salted peanuts, dried bread and desiccated coconut can dehydrate birds, so don't give them these.



PLANT ROSES FOR VALENTINE'S DAY

Giving and receiving roses is always a special feeling, but why buy them as cut flowers when you can grow your own? There is a rose variety to suit every garden. And now is a great time to plant them.

Rose plants come three ways: bare-root varieties are usually from mail-order suppliers. These have been dug up from the soil and need to be replanted quickly. Secondly, garden centres stock containerised versions of these. The third option is container-grown roses, which come with their own soil and simply need planting out in the garden.

JUST FOR FUN!

General Knowledge Quiz

Please send in your answers by email or post to the Volunteer Office

A prize will be won for the 1st correct answers received

Good Luck!



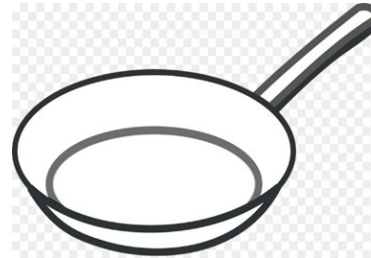
1. What year did the Titanic sink in the Atlantic Ocean on 15 April, on its maiden voyage from Southampton?
2. What is the title of the first ever Carry On film made and released in 1958?
3. What is the name of the biggest technology company in South Korea?
4. Which singer fronted the 1970s' pop group Showaddywaddy?
5. Which now famous TV chef started cooking at the age of eight in his parents' pub, 'The Cricketers', in Clavering, Essex?
6. Which Dutch darts player won the 2012 BDO World Championship at the Lakeside Country Club, Frimley Green on 15 January?
7. Which metal was discovered by Hans Christian Oersted in 1825?
8. What is the capital of Portugal?
9. How many breaths does the human body take daily?
10. Who was Prime Minister of Great Britain from 1841 to 1846?
11. What is the chemical symbol for silver?
12. Who invented Cat's Eyes in 1934 to improve road safety?
13. What is the world's smallest bird?
14. Who played 'Bodie' and 'Doyle' in The Professionals?
15. What is the doll, Barbie's, full name?
16. What does Paul Hunn hold the record for, which registered at 118.1 decibels?
17. What did Al Capone's business card state his occupation was?
18. What is the lifespan of a dragonfly?
19. Which year was the first Tonka truck made – 1945, 1947 or 1949?
20. Who invented the tin can for preserving food in 1810?

Food for Thought

Easy Pancakes



Pancake Day



Ingredients

100g [plain flour](#)
2 [large eggs](#)
300ml [milk](#) 1 tbsp sunflower or vegetable oil, plus a little extra for frying
[lemon wedges](#) to serve (optional)
[caster sugar](#) to serve (optional)

Method

STEP 1 Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then [whisk](#) to a smooth batter.

- **STEP 2** Set aside for 30 mins to rest if you have time, or start cooking straight away.

STEP 3 Set a [medium frying pan or crêpe pan](#) over a medium heat and carefully wipe it with some oiled kitchen paper.

- **STEP 4** When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

- **STEP 5** Serve with lemon wedges and caster sugar, or your favourite filling.

- *Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.*

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2021 Shrove Tuesday will fall on February 16th.

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.



Thank You!

Dear Volunteers

We hope you are all well and enjoying being part of the Vaccination Programme, the feedback we have been receiving is fantastic. See comment below;

Well done to you and all of the volunteer team for all your fantastic hard work. Your support throughout the Trust and what I witnessed today is absolutely amazing.

Keep up the outstanding work.

Craig Downes

Directorate Manager, Surgical Care

As one of the volunteers from Whiston, who has taken part in the LVP both at Nightingale House and The Totally Wicked stadium, I have been so touched by the comments from people attending for their Covid vaccinations. Many of them have obviously been isolating during the pandemic and for some their attendance for their vaccination has been their first outing for sometime.

Some had travelled some considerable distance.

Others were so nervous about the vaccination.

All attendees without exception, have been so grateful and appreciative of all the staff involved including us volunteers.

I've had comments such as:

You're doing a great job.

You're all Angels.

Thanks you so much.

Your lovely smiling faces are so nice.

I'm so grateful.

So nice to meet such friendly and caring people.

You've made the experience so much easier.

The whole experience of being involved with such a unique and historic programme has made me feel so valued and humble, but has been one I would never want to have missed.

Vaccination Centre Feedback

From the lady who took my temp who was so bubbly and welcoming, through to the volunteers cleaning and directing people. To the lady that gave me my vaccine, I can honestly say it was so well organised and planned. The team worked so hard.

But for me it was a real feeling of togetherness they were simply great! And I am a nervous wreck when it comes to needles, they were all amazing!

You're Roar-some!

Dear Marie, Anita & Lucy

I just wanted to wish you all a very belated but heartfelt thank you. Being part of the volunteering team at Whiston gave me an opportunity to get involved and help my community, but it was also a lifeline for me in lockdown. You have all been so welcoming and supportive. Wishing you all well in these difficult times.

Love Emma

To Everyone in the volunteers office.

Thank you so much for everything that you have done for me; thank you for giving me the opportunity to volunteer, always helping and supporting me and being so kind, becoming and understanding. I have loved volunteering and will miss it and you all very much. I learned so much and have grown in confidence. I'll never forget volunteering in my NHS journey.

Thank you

Lauren