

### **Good Things about being a volunteer for RCS**

- It's nice to feel helpful as a volunteer especially when someone has limited mobility e.g. Doing small practical tasks for someone e.g. picking up the phone, helping them find something etc.
- It's good for the person being visited to have someone to talk to who's not family as they can chat about anything knowing it won't go further
- Having a volunteer visitor gives the person and the volunteer something to look forward to. Its proven to improve an individual's mental health
- Its good when the volunteer and visitee have something in common as they can talk about shared interests and can have a good chat
- Feel useful as a volunteer by accompanying someone to the shops or to the opticians it makes the volunteer feel useful and improves the confidence of the person being visited
- As a volunteer you feel like you are giving back to the community
- It's good to be able to give a carer a break being an ex-carer you know the challenges
- Volunteers get as much out of volunteering as the families do
- Admin process at RCS is working well

### **Challenges**

- Sometimes it can be difficult communicating with someone who is hearing impaired and sight impaired and also someone living with dementia, can be tiring for the volunteer as they have to concentrate hard to understand the person or have to shout.
- Memory problems can be an issue. Some people especially those living with dementia can be repetitive. Some visitees worry about repeating themselves and not being interesting. In this case the volunteer reassured them and told them they enjoyed listening to their stories.
- Can be a challenge if walking with someone that's living with dementia and they think they know how to get home but they don't. In this situation its best to go along with it and stay calm and gently encourage them in the right direction
- Some volunteers worry about silence but its perfectly ok to sit in silence if both parties are happy with that. Sometimes having music or the radio or tv on quietly in the background can help if a volunteer or visitee doesn't like silence
- Frailty can be a challenge worrying about someone falling or tripping can be a worry Lloyds pharmacy in Malton have mobility aids to help people in and out of a car and RCS are planning a Moving People safely training session
- If someone is recently bereaved this can be a challenge
- The visitee may worry about going out without their primary carer e.g. wife or husband and want them to be included in the visits.
- Not having the time to do more

## **Activities**

- For people living with dementia talking about their childhood or the past is often a good topic.
- If communication is difficult reading to someone from a book or a magazine can be good or looking at magazines or old photos can help get their interest
- Talking about their interests is good
- A ride out into the country can be good especially if someone has limited conversation
- Songs and scones is good, good music and good company and they get to meet with others
- Pets can be a good talking point if someone has animals or likes animals
- Dominoes can be good for those that are able to play
- Walking with someone can be good if their mobility allows it
- Rievaulx Abbey is a nice place to take someone
- Technology can be useful to find information or various apps can be useful for those that are deaf or sight impaired
- Dancing for those living with Parkinson's, Stroke or Sight impaired is starting up at Kirkham Henry dance school in Malton Tues 3<sup>rd</sup> sept

## **Volunteering places to advertise**

- New WI in Barton le street (Sandra Pratt)
- Slingsby Ladies group
- Charity shops
- Tea rooms
- Gazette and herald
- Handy Mag most people read this
- St Catherine's Malton (Helen Rawson works there)
- Kirkby Charity shop (Janet Terry works there)

## **Training Needs**

Moving people safely