

Good Things about being a volunteer for RCS

- It's good to be able to support the carer as well as the person being cared for as it allows the carer to have a break, it gives the carer and the cared for someone else to talk to and the carer can go out knowing that the person is safe.
- It feels good to be helping and supporting someone it's a way of giving back to the community a way of saying thank you for the help received when I was a carer
- It's a really enjoyable thing to do it's good to arrive and the person being visited is pleased to see you and leave a visit knowing that you've made someone happy
- If a previous volunteer has been involved its useful to be able to chat to the previous volunteer to gain their insight into the person being visited
- Being able to talk to the staff is really useful as its good to air things and get a second opinion if you're not sure about something. It's important to be able to talk to someone if you have concerns

Challenges

- It can be difficult if the person being visited doesn't always want to see the volunteer the volunteer can feel that they are not needed. Sometimes it can be the carer that wants a volunteer visitor but it can be difficult if the person being cared for is not that keen or feels they don't need anyone.
- If mobility is poor getting out and about can be hard as Wheelchair pushing can be difficult or there can be a fear of falls.
- Conversation can be difficult especially if the person is quite negative. It can be difficult to keep things positive and upbeat and can be draining for the volunteer. Companionable Silence can be ok but it's difficult if the silence is awkward. It can be more difficult if the person also doesn't want to or is unable to go out and do things
- It can be worrying if you turn up and you can't get in or there's no one answering the door or phone. In this case it can be good if there is a contact that can be called e.g. a neighbour or family member especially during out of office hours. Volunteers and RCS staff are not always made aware if someone goes into hospital. RCS will look at ensuring volunteers have contact numbers to call during out of office hours.
- Sometimes 2-3 hours can be a long time as towards the end the person being cared for can start getting anxious and can start asking for their partner in this case its best to reassure them and keep them calm. If the carer doesn't return home at the said time it can be concerning for the volunteer therefore its best to have a mobile or a contact to phone. RCS will look at putting something in place. There is an out of hours social services number which could be given to all volunteers. RCS will look into this.

Activities

- Taking someone for a drive can be good especially for those that have limited conversation as they tend to enjoy just being out and seeing the town / countryside and it can jog memories.

- Talking is good you can learn a lot from someone it's great to talk about their interests and its really good if the volunteer and the person being visited have something in common. Chatting about local events, things that have been happening or places that you've been can be good. Often taking brochures on somewhere you have been are useful as it's nice for them to see something visual
- Playing scrabble can be good if the person is able
- Jigsaws can be a good thing to do together if the person is able to do this
- Photos are a good way of stimulating conversations
- The libraries have some good resources to borrow e.g. magazines, papers, local history, old photos etc
- If mobility is good a trip out on the bus can be good as that way you can both enjoy the view and chat about what you see.
- Scarborough Stephen Joseph Theatre is a good accessible place and is dementia friendly.
- Helmsley walled garden, Scampston Walled Garden and the Birds of prey centre are good but not that good for someone in a wheelchair as the ground is quite rough
- Cafes and going for tea and cake is always good.
- Taking someone for a walk round the block or just around the garden can be enjoyable if the persons mobility is good, it's nice for them to get out of the house, improves mental health and they are also getting some exercise.
- If the person has an interest in poetry it can be nice to read poetry to them

Volunteering places to advertise

Kirk Theatre, Malton cinema and Helmsley Art Centre would be good places to show the video

Doctors, Dentists, Opticians are all good places to advertise

Churches and Parish magazines can be good places to get volunteers

WIs

Yorkshire Ladies

Ladies Guild Thorpe Bassett

Country Women's Guild in Rillington

U3As

Older people's forum

Training Needs

Safeguarding

Catchy Phrase

It could be you