



ST JOHN'S HAND IN HAND: VOLUNTEER ROLE

St John's Hand in Hand Service:

Our **new wellbeing service** is aimed at supporting older people in Winchester to live independently for longer.

Dedicated staff will refer Scheme Members from the three Winchester surgeries: Friarsgate, St Clements and St Paul's. Scheme Members will be visited and befriended by our Wellbeing Co-Ordinators and a volunteer(s), and a Living Well Plan will be created. This plan will match services, events and activities in the local area to the individual with the aim of **supporting them** and **improving their happiness and wellbeing**.

We have created a **database of services and activities** with the help of the community. We intend to share this with local charities, local organisations and other interested third parties who share our mission to support older people.

The service that we will deliver is a form of 'signposting'. A **vital** and **unique** element of this signposting service will be that it is delivered within the **framework of befriending**, provided and supported by Hand in Hand volunteers.

Your Role:

The overall role of a Hand in Hand volunteer is to work alongside our Wellbeing Co-Ordinators to help deliver all aspects of the service.

Here is an overview of some of the things you can get involved in:

- **Monitor** our Hand in Hand database of services, events and activities

What does a 'Befriender' do?

To act as or become a friend to someone, especially when they are in need of help or support.

What is 'Signposting'?

Helping a scheme member by putting them in touch with another who is best placed to help, or letting them know of an event, activity or club which should be of benefit to them.

Who is a 'Scheme Member'?

A recipient of the Hand in Hand service and someone for whom we put together a Living Well Plan and work alongside to improve their wellbeing.

- Work alongside our Wellbeing Co-Ordinators to **meet and greet** new Scheme Members and produce Living Well Plans
- Visit Scheme Members in their own homes, **befriending and building relationships** with them
- Helping to track outcomes and **progress** with Living Well Plans
- **Accompany** the Scheme Member on a local walk
- Take and/or go to social events with a Scheme Member
- If you drive and are willing, take the Scheme Member **shopping** or to **appointments**
- Offer **telephone support** to a Scheme Member

Other types of contribution may include:

- Helping us to keep our Hand in Hand database up-to-date
- Assisting our staff to **evaluate** services, events and activities to see if they are appropriate to be on the Hand in Hand database
- Organising internal **social activities** and/or 'get togethers' based at the Charity or at home to which scheme members may be invited

What can we offer you as a volunteer?

- The opportunity to **help** an older person to live well
- The chance to make a **direct** and **positive impact**
- Create **new friendships** and befriend someone in need
- Join our team and become an integral part of the wider St John's **community**
- Gain new or polish existing skills
- Strong, professional **support** and **guidance** from our Wellbeing Co-ordinators
- Regular **recognition** and appreciation of what you do
- The opportunity to help shape a new service
- Free DBS check
- **Reimbursement** of expenses

If you are interested in becoming part of this exciting new project and want to know more about us and our Hand in Hand project, please call on 01962 854226 and speak to Julie Harman or Marie Johnson-Hall. You can also email us via handinhand@stjohnswinchester.co.uk

We look forward to working with you!

Clive Cook
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