

# VOLUNTEER VACANCIES



PramaLife Volunteer Vacancies January 2023 - Full Training and Induction will be given

**Please contact Jo Keats, Volunteer Coordinator on 01202 804919 or [jo.keats@prama.uk](mailto:jo.keats@prama.uk)**

## Community Connectors

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- To help older people improve their knowledge of community services and activities
- To help older people participate in activities chosen by them
- To reduce loneliness and improve the health and well-being of older people
- Help the person find local activities and services by using local information
- Support the person to attend and take part in activities

## Telephone Befriender Host

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Do you like chatting? Why not try facilitating a conference phone call via the internet to three older people on a weekly basis to talk about everything and nothing.

- Be consistent and reliable
- Encourage and enable the older people to be more confident
- Reduce loneliness and improve the health and wellbeing of older people

## Driver Journey Allocator

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WAN (Wimborne Neighbour Car) is a volunteer service (not a taxi service) which enables members of the local community (BH21 / 22) who do not have access to transport to get to medical and essential appointments and if we are able to social appointments.

On Thursday a weekly diary is completed with details of all clients and jobs. The drivers are rung / emailed on a Friday afternoon and/or Monday morning giving details of jobs, client number and job number. Drivers are allocated according to where they live and where clients

live if possible. The client is rung to confirm their driver. The drivers will ring the day before appointment to confirm time of pick-up.

## Appointment Scheduler

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The phone is manned 9-12 Monday to Friday for taking appointments. At other times there is an answerphone / Voicemail for messages. Appointments are noted in the diary – date, where (department of hospital), time (length of appointment noted if possible) and any special requests e.g. wheelchair, rollator. At the end of the week a weekly diary is completed with details of all clients and jobs.

## FOCUS Volunteer Mentor

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The Mentors (who are ex or existing carers) will help the new carers think through their role, what support needs they might have and how best to prepare for their future as a carer.

The aim is that both the volunteer mentor and carer get a lot out of this, we know that peer support can make a lot of difference to the lives of both people. The Mentors will be sharing their learning, skills and experiences, with the knowledge that they are helping others who are experiencing a situation that they know well. Likewise, the carer will benefit a lot from the friendly support of someone they can identify with and trust.

## Bingo Caller

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Engage with and entertain those who love to play bingo particularly on Wednesday afternoons.

To be a bingo caller, you'll need excellent verbal communication skills, thoroughness and attention to detail, patience and the ability to remain calm in stressful situations, customer service skills, the ability to work on your own, active listening skills, the ability to understand people's reactions, and to be able to carry out basic tasks on a computer or hand-held device.

## Memory Lane Volunteer

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Volunteer at our Memory Lane groups which meet at many venues across Bournemouth, Christchurch, Poole and East Dorset. The groups meet Monday to Friday afternoons from 2-4pm and assistance from a volunteer to help set up and clear away would be helpful. (approx. 1.15pm – 4.30pm)

Memory Lane groups are reminiscence groups open to all but aimed at those living with Memory Loss or Dementia. There is always music, games, quizzes, reminiscing and refreshments. Each week has a different theme, taken from our 14 boxes.

Volunteers are there to support our paid group leaders with things like handing out activities, helping group members to feel welcome and included, making and handing refreshments, working 1-2-1 with group members on activities and joining in!

## Neighbour Car Drivers

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Drive residents of BH21 and BH22 areas to doctors and hospital appointments. Fuel allowance paid WAN (Wimborne Neighbour Car) is a volunteer service (not a taxi service) which enables members of the local community (BH21 / 22) who do not have access to transport to get to medical and essential appointments and if we are able to social appointments.

## Prama Community Ambassadors

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We are looking for volunteers to join our team of community ambassadors. We need people who are friends and supporters of Prama and who can be the face of our charity in their communities.

Our community ambassadors are a network of volunteers, representing the charity and raising awareness of the work of Prama.

## Telephone Befriender's

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## Urgent Community Response Scheme

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- PramaLife is working with Dorset HealthCare Trust to provide voluntary support to patients being treated at home rather than them going into hospital.
- We would want the volunteer to provide reassurance and a listening ear when on the phone to the patient.
- Identify other services in the local community to support the patient.

- Be able to pick up concerns that may not have been observed by medical staff eg no one to pick up prescription.
- Provide arm's length support to a patient to help them regain confidence and remain at home independently
- Help individual people living alone who do not have a support structure (i.e. family, friends, neighbours) or situations in which the family carer is struggling

## Volunteer Befriender

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Be part of a successful team of volunteers who befriend individuals who are caring for a loved one or friend:

- Create a valued relationship
- Help improve self-confidence
- Reduce social isolation by being a listening ear

## Yours Sincerely

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A really, great intergenerational project, Yours Sincerely involves younger voluntary pen pals writing to older adults who either live alone and/or are isolated from their peers and community. The scheme brings many interesting benefits to both the older and younger participants, but we are only looking for school age pen pals at present.

## Fundraisers

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Sky divers, runners, tin rattlers, bucket shakers, people who like to sit in a bath full of baked beans for many hours, all wanted to help promote PramaLife and help fundraise for our charity. Sky dive takes place Sunday 11th June 2023 at Salisbury.