

**PramaLife Volunteer Vacancies September 2023**

**Full Training and Induction will be given**

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

**Telephone Befriender’s**

Phone an older person on a weekly basis for a chat

Be consistent and reliable

Encourage and enable the older person to be more confident

Reduce loneliness and improve the health and wellbeing of older people

**Urgent Community Response Scheme Volunteer**

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 e.g. 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**

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**

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.

**Memory Lane Volunteer**

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**

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

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.

**IT Volunteer**

Are you a confident user of technology? Could you spare some time to support older people to develop their independence and skill in technology? We are looking for volunteers to do just this.

At the PramaLife IT Groups we want people to be comfortable using their devices. This may be showing them how to set up a password, use an app, speak to people face to face online, send an email, undertaking an internet search, completing forms online, online shopping, booking appointments e.g. with the NHS, using social media, online security, setting up email accounts etc.

**Winton Community Shed**

The shed is a place for people to engage in practical projects, whether that is one’s own project or a community project. It’s a place for fun friendship and with no pressure to be involved, i.e. you come and are as accepted as you are.

It may be that you want to come and use the facility to make a wooden toy for a grandchild or to get involved in community projects or simply to come and drink coffee that is entirely up to you. You may have skills to share or want to know how to make something or are a brilliant tea maker! Come along! Wednesday afternoons1.30-3.30pm by the Winton Park Café on Winton Rec.

**Winton Woollies**

This is a craft group that meets every 2nd and 4th Tuesday morning of the month at Winton Park Café on Winton Rec. We would like a volunteer who is able to welcome people when they arrive and support new members to feel comfortable in the group. Also, to keep an eye on regular members to make sure they are ok and report any concerns back to the area manager. You are welcome to bring your own crafts and to claim a free drink at the cafe

**Community Connectors**

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 Chat Host**

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

**Focus Volunteer Mentor**

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.