

Overseas Volunteers at Leonard Cheshire Hydon Hill

Leonard
Cheshire
Disability



What is my role?

At Leonard Cheshire Disability, we value the role our Overseas Volunteers have in our services throughout the United Kingdom. Due to the length of the placements for overseas volunteers (12 months) volunteers have the opportunity to acquire a range of skills, improve their English, enjoy the best of British culture and life, and develop fulfilling working relationships with our residents, staff and local volunteers which often develop into long-term friendships.

Overseas volunteers help support our staff teams in providing an active, involving and stimulating environment for our residents. Through our overseas volunteers, disabled people in our care homes are able to access their local community services and social opportunities more easily and regularly, thus improving their independence and quality of life. This means that in their roles overseas volunteers are engaging in a wide range of activities both inside and outside the home.

Volunteers may be required to accompany residents on activity weekends and short holidays, as well as providing support to those service users who have regular work, education or volunteering commitments. Volunteers will support groups of people with art and craft, gardening, cooking, exercise and social clubs and outings. While it is a lot of fun going out with residents, it is also very challenging as volunteers experience first hand the issues faced by people with disabilities everyday.

Overseas volunteers will be expected to volunteer 35 hours within a week. They will be entitled to 2 days off. These may not necessarily be at the weekend or consecutive. There can be a greater requirement for

volunteering at the weekends to attend sporting events and other activities.

What opportunities can I expect for training & skills development?

Thorough training on working with vulnerable adults is provided to all our volunteers, and Leonard Cheshire Disability staff helps volunteers during the induction process to understand each individual. Risk assessments ensure that volunteers are not asked to contribute outside of their capability or boundaries.

Volunteers acquire a range of knowledge, skills and experience including a greater understanding of the issues affecting disabled people. They gain improved interpersonal skills and the ability to interact with a wide range of people. There will also be an opportunity to learn about the wider activities of the charity, for example our campaigning/lobbying activities and fundraising events.

About Hydon Hill

Hydon Hill is a nursing home for physically disabled adults located in the Surrey Hills roughly an hour away from London by train travel. We provide support and nursing care for physically disabled adults in a friendly and safe home. Our team is fully trained and we are regulated by the Care Quality Commission.

Hydon Hill sits in a beautiful rural location outside Godalming in Surrey. Guildford is within easy reach, with its fantastic range of shopping, culture and leisure options. We're also only a short hop from the south coast – ideal for day trips. Hydon Hill is a purpose-built, single-storey home, brightly decorated with a spacious layout. There's always room for you to welcome your family and friends or get together with other residents.

Our facilities include:

- 42 bedrooms, all with direct outdoor access and personal gardens or quiet areas, comfortable lounges, a shop, a charity shop, a bar a physiotherapy department, transport – adapted vehicles for residents' use.
- Dining choices to every individual's needs and tastes. We make sure mealtimes can be enjoyed by everyone. Our menus are planned by our residents and staff.

Activities are a huge part of Hydon Hill, and we strive to make life fulfilling for our clients who are here because of a life changing illness, accident or condition. The home offers a range of activities for residents, including crafts, games and sailing at nearby Frensham Pond. Our clients have the opportunities to be social, to get creative or enjoy exercise – they choose. We encourage people to take part but there's no pressure.

Group activities are not for everyone and we respect that our clients might just want to do things on their own. If so Hydon Hill understands and supports this. If clients are to need support, one option is to find a volunteer to come along with our clients and share their interests. Whatever activities our individuals like to do, we support and actively encourage them to do this and volunteering plays a big part in this role.

Accommodation & Expectations

Volunteers will be accommodated in a Chalet that contains 5 bedrooms, a shower and toilet room, a bathroom and a separate toilet room. The Chalet has a communal kitchen and living room complete with washing machine and free Wi-Fi. The Chalet is separate but on-site with Hydon Hill and other similar chalets for our support staff.

Volunteers are expected to comply with Leonard Cheshire policy & procedures & codes of conduct. Failure to comply with this could result in the programme being terminated.

Volunteers are not to take part in activities that are staff tasks, they therefore will not be assisting with eating and drinking or taking part in personal care.

Behavior that causes concern as a result of excessive alcohol is not tolerated. The misuse of illegal substances will not be tolerated and will result in instant dismissal. Volunteers are expected to behave in a socially responsible way, and in consideration to fellow volunteers and residents.

This is a year-long placement and volunteers are expected to commit to the service for the whole duration of their project.

Volunteer Profile

We are looking for volunteers who are positive, friendly and energetic. The nature of physical disability is that the majority of cases these conditions leave individuals with full capacity and awareness of both their situation and their surroundings. This means that they want to do all of the normal things that fully able people do and they understand the difference.

In order to succeed in encouraging individuals to make the most of their life positivity is a key trait that we look for. Positive volunteers are able to influence an environment with their approach and behaviour. Volunteers who are friendly are able to be approachable and engage in our person centred environment: some of our clients have complex communication needs and friendly volunteers are always more likely to have communicative skills that can contribute with greater ease.

Energetic volunteers provide us with the ability to inject some life into our environment: many of our clients are mobility impaired and having volunteers surrounding them who move well helps encourage our clients to

get involved and do what they can.

Activities

EVS volunteers will support our staff teams in providing an active and stimulating environment for adults with learning disabilities, which will ensure that they can fulfill their long-term personal goals in accordance with the person-centered plan. EVS volunteers will support disabled people at Hydon Hill to access their local community, its services and social opportunities, more easily and regularly, as well as supporting them to do activities, thus improving their confidence, independence and quality of life. We strongly believe in being a learning and mentoring service, and would like the opportunity to host people to allow them to develop new experiences within their lives.

Proposed activities:

The specific objectives for each future EVS projects will differ, the main aim of all projects is to empower and enable disabled people to access social and leisure activities in Surrey and its surrounding areas.

Typical tasks within Hydon Hill will vary on a one to one basis and include befriending, supporting people with social activities such as arts and crafts, creating art related items to be used at shows, events or sold in Hydon Hill's charity shop, garden projects, sports, supporting with events and fundraising activities, getting the people involved, running IT classes. Specific areas we would like to develop:

1. Skills (e.g. musical, artistic, culinary, creative skills, languages). Many of our clients are interested in a wide range of activities that require specific skills, they would like to learn more and experience more.
2. IT - There is a computer suite here that we would like to make the most of, volunteers could help our clients to reach out with social networks and communicate with friends and relatives and learn new skills through online courses.
3. Activities we would like to volunteers to engage with our clients through our activities and assist staff in planning and executing these to engage with our individuals.
4. Social activities and events, this is something that we're really hot on for the coming year and we are really trying to reach out and get our residents into the local communities where they can experience more out of life. We have a calendar of events that is starting to fill up and we would like to have volunteers help us drive this forward.

Contact details

Hydon Hill

Clock Barn Lane
Godalming
Surrey
GU8 4BA

Volunteer Co-ordinator

Tim Patrick: Tim.patrick@leonardcheshire.org