



Digital Hero Volunteer

Youth Volunteering (ages 16-25)

TIME COMMITMENT

1-2 hours a week, Minimum
6 months

LOCATION

University Hospital Wales
University Hospital Llandough
St Davids Hospital Cardiff

REQUIRED CHECKS*

Enhanced DBS
Occupational Health Check
Two references
*All carried out by the Health
Board

In partnership with Digital Communities Wales (DCW), a Welsh Government digital inclusion programme delivered by the Wales Co-operative Centre. The project aims to bring older and younger people together to use and enjoy technology.

What you'll be doing

- Assisting patients on the safe use of the internet, specific applications they may be interested in such as emails, video calls, catch up TV and social media.
- Recognising when patients don't wish to engage in activities and instead engaging them in a friendly chat, sharing stories or just keeping them company.

What we ask of you

- Available to volunteer on one specified day and time for at least 2 hours per week, Monday to Friday, (some wards allow weekend volunteering), usually between the hours of 10:00 to 12:00 or 14:00 to 17:00
- A desire to share the benefits of technology with other people
- Willingness to undertake NHS training
- To display good levels of, or working towards improving, teamwork, communication skills and empathy
- You must be aged 16-25 to be eligible for this role

What's in it for you?

- Satisfaction of assisting others and providing an invaluable service to the Health Board and community
- Improve your communication skills, including active listening skills, problem solving skills, empathy, conversational skills and increase your confidence
- Opportunity to undertake extra training with skilled trainers
- A reference from the Youth Volunteer Project Manager (you must of volunteering for at least 6 months)
- Invitation to the yearly Volunteer Thank You event

