

# Meet and Greet Volunteer

Youth Volunteering (ages 16-25)

## TIME COMMITMENT

2 and a half hours, once a week, Minimum 6 months

## LOCATION

Stroke Rehabilitation Centre, University Hospital Llandough

## REQUIRED CHECKS\*

Enhanced DBS  
Occupational Health Check  
Two references

\*Carried out by the Health Board free of charge

## What you'll be doing

- Reassuring anxious service users or visitors upon arrival
- Referring service users/visitors to the correct person when they come to you with queries
- Directing or escorting visitors to the patient they are visiting

## What we ask of you

- To be willing to communicate with service users, visitors, staff and general members of the public and demonstrate empathy and understanding at all times
- Be available to volunteer for one of the following volunteer sessions: once per week: from 14:00-16:30 or 18:00-19:30 on one day of the week (includes weekends - but your first volunteer session will need to be on a weekday)
- You must be aged 16-25 to be eligible for this role

\*You will not be undertaking any staff tasks, clinical tasks or shadowing of staff\*

## 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 and conversational skills
- An increase in confidence
- Opportunity to undertake extra training with skilled trainers
- Potential to volunteer additionally in other youth volunteer projects.
- 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

