

Ward Befriender Volunteer

Youth Volunteering (ages 16-25)

TIME COMMITMENT

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

What you'll be doing

- Chatting to patients and keeping them company and bringing some joy to their day
- Engaging patients in activity sessions, such as: Arts and crafts, ward cinema sessions, reminiscence sessions (using technology), board games

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
- 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

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
- 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

