

# VOLUNTEER ROLE DESCRIPTION



**VOLUNTEER TITLE: Children and Young Adult Unit Support Volunteer**

**VOLUNTEER LINK: Diane Nicholson**

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## **Aims:**

You will play a vital role in enhancing the well-being and quality of life of children and young adults who come to our unit. You will assist in supporting the unit, facilitating activities designed to inspire creativity, promote relaxation, and encourage physical activity. Your support will help create a nurturing and personalised environment for our children and young adults.

## **When / Where:**

Our Children and Young Adults Unit is based at our site in Gosforth. Shifts are available between 9.00 – 12.00 and 13.00 – 16.00 Monday to Friday.

## **Main Tasks:**

### **Supporting activities:**

1. Engage with the children and young adults in a compassionate and patient manner, encouraging participation and ensuring they feel supported.
2. Supporting hospice staff and other volunteers to ensure the smooth running of activities you will assist in the preparation, facilitation, and clean-up of scheduled activities, these could include:
  - **Art and Creativity:** Helping our children and young adults express themselves through various artistic mediums, including painting, drawing, and crafting.
  - **Baking/Cooking:** Assisting with simple cooking and baking activities, ensuring safety, and encouraging participation.
  - **Personal Care and Well-being:** support with basic hair styling, painting nails, and hand massages.
  - **Exploring Nature and the Gardens:** Support nature-based activities, such as nature walks exploration and play in the hospice garden. Support patients in planting, watering, and caring for plants in our hospice garden.
  - **Visits:** Accompanying staff and children and young adults on visits to help ensuring a safe and enjoyable experience.
  - **Sensory Story Time:** Engaging in sensory-rich story sessions, using props, sounds, and textures to enhance the experience.
  - **Yoga and Movement Sessions:** Assisting with gentle yoga and movement activities, ensuring all abilities are supported.
3. Assist with the preparation of the activity space, ensuring all materials and equipment are ready for use.
4. Help with the clean-up and organisation of the space following the activity, ensuring it is left tidy and safe for the next session.

## **Room Preparation:**

1. Set up rooms for incoming children and young adults, ensuring that bedding, posters, and personal items are arranged in a way that reflects the individuals' preferences and interests.

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2. Comfort Enhancement: Add finishing touches to rooms, such as placing favourite toys, books, or other comforting items within easy reach.
3. Collaborative Support: Coordinate with nurses, caregivers, and other volunteers to ensure room setups are done efficiently and in a timely manner.
4. Creativity: Bring a creative flair to room setups, finding thoughtful ways to make each room unique and special.

### **Supporting the staff team:**

1. Helping to creating visual displays and making resources to aid communication and choice making.
2. Helping to organise and clean toys and equipment used by our children and young adults.

### **Skills and Experience:**

- A genuine interest in working with children and young adults with complex needs.
- Enthusiasm for engaging in the chosen activity and supporting the staff and other volunteers.
- Patience, empathy, and the ability to adapt to individual needs.
- Good communication skills.
- Good organisational skills.
- Reliability and commitment to the role.
- The ability to work well with other volunteers and staff.

### **Personal Qualities:**

- Compassion and Empathy: An understanding and sensitivity towards the emotional and physical challenges faced by children and young adults in hospice care. The ability to connect with them in a caring and supportive way.
- Adaptability: The flexibility to adjust to different situations, needs, and abilities, as well as being open to changing plans or activities as necessary.
- Positivity and Enthusiasm: A cheerful and encouraging attitude can make a big difference in creating a joyful atmosphere, helping our children and young adults feel more comfortable and engaged.
- Sensitivity to Boundaries: An understanding of appropriate boundaries, ensuring that interactions are respectful and professional, while also being warm and supportive.
- Emotional Resilience: The capacity to cope with the emotional aspects of working in a hospice setting, including dealing with challenging situations, while maintaining a positive and caring attitude.

### **Benefits:**

- The opportunity to make a difference to people at a difficult time in their lives and to support your local community.
- A chance to develop your skills, experiences and knowledge.
- Experience volunteering in a supportive, caring environment with a dedicated team.
- A chance to meet new people.
- Reimbursement of your travel expenses.
- The support of a Volunteer Link who is an experienced member of the team.

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**St Oswald's  
Hospice**

### **Essential Processes/ Training (Internal Info):**

- ☒ Recruitment Pathway *[On-site clinical]*
- ☒ Minimum age *[18+]*
- ☒ DBS check required *[Enhanced Children and Adults]*
- ☒ Health & Safety Training Online *[specify Clinical]*
- ☒ Additional training specific to role:  
[Clinical Manual Handling,  
An Overview of Care at St Oswald's,  
Safeguarding]
- ☒ *[Volunteer T-shirt]*