

## Activity and Mobility Support Placement Role Description

<b>Role Title</b>	:	Activity & Mobility Support Volunteer
<b>Location</b>	:	Various locations across RVI & Freeman Hospital
<b>Shifts</b>	:	Monday to Friday 08:00-12:00, 13:00-17:00
<b>Commitment Required</b>	:	1 x 3-4 hr shift per week
<b>Reports to</b>	:	Nurse in Charge

### About the Ward

Patients on this ward are medically fit for discharge but not yet able to leave hospital. This can include patients needing further therapy assessment and treatment, awaiting equipment delivery, awaiting decisions/plans re discharge destinations or allocation of carers due to change in care needs.

### Purpose of the Role

To help prepare patients for discharge from hospital. This will include supporting staff to maintain existing levels of mobility by encouraging patients to go for walks or engage in chair-based activity or exercise.

**All duties will be overseen by nursing or therapy staff but will never include clinical tasks or personal care.**

### Description of main tasks specific to the placement:

- Supporting staff to get patients up and ready for the day
- Encouraging appropriate patients to engage in movement and mobility.
- Encourage and facilitate appropriate patients to engage in chair and bed exercise sessions.
- Engage identified patients in activities (1:1 and Group activities)
- Supporting therapy staff with group activities on ward
- Supporting with ward tasks to support discharge- e.g. collections from pharmacy
- Enabling patients to engage in hobbies (reading, discussions, word searches/crosswords)
- Supporting identified patients to go off ward or outside
- Collecting feedback forms from patients prior to discharge



**Details of any specific skills / attributes required:**

- Good listening and communication skills are essential.
- Studying or aiming to study Sports Science, Occupational Therapy or Physiotherapy (desirable)
- Should have an interest in promoting patients' health and well-being.
- Able to chat confidently with patients and when necessary, put them at their ease.
- Enthusiasm and an ability to motivate others.
- Patience and composure
- A caring, sympathetic, sensitive manner and a non-judgmental approach
- Reliable/dependable/flexible
- Understanding of confidentiality
- Willingness to take direction from clinical staff.

**What can you gain from this placement?**

- Have the chance to work alongside Physiotherapists, Occupational Therapists, Nutritionists and Nursing staff.
- Build an awareness of health volunteering, and gain insight to working life in an NHS trust.
- Supervision and support from a dedicated member of staff
- Induction to the hospital and the department
- Reference on completion of 6 months commitment (if required)
- Receive the accredited "National Volunteer Certificate" on completion of 60 hours (if required).

**Training (on-line)**

- Roles and responsibilities for Volunteers
- Communications for Volunteers
- Health, Safety and Infection Prevention and Control for Volunteers
- Fire Safety for Volunteers
- Data security awareness for Volunteers
- Equality, Diversity and Human Rights for Volunteers
- Safeguarding adults for Volunteers
- Safeguarding children for Volunteers
- Preventing Radicalisation (Basic Awareness) for Volunteers
- Mental Health Awareness for Volunteers
- Fluids and Nutrition for Volunteers
- Moving and Assisting for Volunteers
- Conflict resolution for volunteers

**A volunteer is a valued member of Newcastle upon Tyne Hospitals NHS Foundation Trust and is expected:**

- To volunteer within the guidelines agreed by Voluntary Services and named contact for the placement
- To carry out their duties with consideration and respect to all staff, general public, Foundation Trust members and patients at all times



## The Newcastle upon Tyne Hospitals

NHS Foundation Trust

- To maintain confidentiality at all times, while on placement and once the placement is complete
- To maintain good standards of communication with staff, general public and patients at all times
- To comply with the Trust's Health & Safety Policy

Newcastle upon Tyne Hospitals NHS Foundation Trust will at all times actively support, encourage and develop the voluntary services provided by individuals on placement. It commits to treat its volunteers with respect and courtesy and ensure that they receive appropriate training for the placements they undertake.

Newcastle upon Tyne Hospitals NHS Foundation Trust is committed to safeguarding and promoting the welfare of all children, young people and vulnerable adults, and as such expects all staff and volunteers to share this commitment.

This is not a contractual relationship between Newcastle upon Tyne Hospitals NHS Foundation Trust and the volunteer.



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