



## Volunteer with us

Giving a little of your time can make a **big difference** to our patients

“ You can see people’s levels of animation increase when you hit on something that interests them. Then you know you are making a difference... ”

Sarah volunteers at Caroline House in Norwich





“ I like to think that I’m paying back a little for all the care my husband received before he died. I find it rewarding and feel I’m making a difference...”

**Bridget volunteers at Kelling Hospital**

## Join our army of volunteers

Scores of people from across Norfolk give up their time to volunteer with NCH&C, fulfilling a huge variety of roles within our Trust, such as befriending, rehabilitation activities, gardening and helping at mealtimes. Volunteers can work with either adults or children through one of our Sure Start Children’s Centres, or can carry out administrative or ‘behind the scenes’ work if they prefer.

We are able to offer a range of roles supporting our patients and staff, depending on each volunteer’s particular interests.

## Why are volunteers so important?

Volunteers are a much valued part of every healthcare team they work alongside and assist our staff in providing and maintaining high quality care to our patients.

Our team of volunteers contribute to the success of a patient’s rehabilitation and their general wellbeing as well as providing important social contact to both patients and their visitors.

The support of our volunteers is essential and helps us in so many ways.

## Who can become a volunteer?

Our volunteers come from all walks of life and contribute a wealth of skills and experience. They include people looking for something 'positive' to do after retirement, those who are still working but want to do something 'worthwhile' in their spare time and those wanting to 'give something back to the community'. For some, volunteering can be a route to employment, or a chance to try something new, which may lead to a career change.

## Do volunteers need specific qualifications?

Volunteers must be 17 or over, but apart from that, all we ask is that you are caring, responsible and enthusiastic.

## What support is offered to volunteers?

Ongoing training and support is offered in relation to a volunteers role and involvement.

## How much time are volunteers expected to give?

The time involved will depend on what you are able to offer. The commitment can be as little as two hours, once a fortnight, or four hours every week. It doesn't have to be during the week either, evening and weekend opportunities are also available.

We are incredibly grateful to all the volunteers who give up their time to support our staff as they deliver high quality care to our patients.



“ I really enjoyed volunteering and appreciated how I was welcomed as a volunteer – staff took me seriously and treated me as a full member of the team... ”

**Katrin volunteered in a Sure Start Children's Centre**

“ I really enjoy every aspect of the role, you meet so many different people who have done all sorts of interesting things in their lifetime. It’s very rewarding for me and the patients seem to enjoy having someone different to talk to... ”

**Eric volunteers  
at The Mulberry Unit**



Read more about the experiences of our volunteers by visiting our website at:  
[www.norfolkcommunityhealthandcare.nhs.uk/Getinvolved/volunteering](http://www.norfolkcommunityhealthandcare.nhs.uk/Getinvolved/volunteering)

## Contact information

If you are thinking about volunteering with our Trust and would like to know more about the roles available in a wide range of services across the county, please contact our Volunteering Team:

**Tel: 01603 272336 Email: [volunteering@nchc.nhs.uk](mailto:volunteering@nchc.nhs.uk)**

If you would like this publication in large print, Braille, alternative format or in a different language, please contact us on 01603 697492 and we will do our best to help.



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