



Sanctuary Care

'Keeping kindness at the heart of our care'



Offering the
community a taste of the
volunteering experience

*"I enjoy
giving
something
back to my
community"*



Aim

It's a great way for us to support our residents to stay connected with their local communities and have the special one-to-one time and stimulation that volunteers can offer. Not all of our residents have family or friends who can visit them regularly, so volunteers can offer a valuable link to the wider community, by giving their attention to individual residents, or by sharing their skills and experiences with a small group.

Volunteering

In the UK around one third of people volunteer in some way. This can be for a variety of reasons – from wanting to share a hobby they enjoy, supporting people to remain engaged with their community, wanting to improve their life skills or enhance their CV.

At Sanctuary Care our volunteers are a wonderful asset to our team and residents, whether they are simply popping in for a friendly chat or helping our residents to learn something new, the role they play is so important to us.

Opportunities for volunteering

In our homes we have a wide range of opportunities to suit volunteers' availability, skills and interests. The following includes but are not limited to;

- Befriending
- Leisure and Social Activities
- Gardening and Maintenance
- Driving
- Events
- Clerical and Administration
- Kitchen / Catering
- House Keeping

About Sanctuary Care

We pride ourselves on employing people who care for our residents like members of their own family, with an ethos of 'keeping kindness at the heart of our care'.

Established in 1995, we have over 100 care homes across England and Scotland and one hospital service. Part of Sanctuary Group, a not-for-profit organization, we reinvest surplus income back into our homes.

We believe in giving our residents every opportunity to lead happy, contented lives, whether that is supporting them to keep up with a favourite hobby or trying new things.



Our mission

'Keeping kindness at the heart of our care'

Our Values

Delivering **personalised care** that meets our residents' individual needs

Treating others with the **respect and dignity** we expect for ourselves

Employing staff who are committed to delivering the **highest quality service**

Nurturing our staff to enable them to **build rewarding careers**

Understanding our residents to support them to **live happy, contented lives.**



Our volunteers include:

- People who have spare time and would like to socialise more.
- Those looking to carry out a befriending role with older people in their community.
- People who are keen to share a favourite past-time from gardening, baking, knitting, singing, playing a musical instrument or performing arts.
- Those who are retired and keen to keep active and not lose vital skills, for example we have a former art teacher who comes in and paints with our residents.
- Young people who want to spend time with the older generation.
- Job seekers who want to enhance their life skills and improve their CVs.

Those taking part have told us:

"Thank you for providing me with the opportunity to volunteer at your care home. It has given me many skills that I can take with me in my future."

– *Volunteer*

"Our volunteers have had positive impact on the physical and mental wellbeing of our residents and we are grateful to have them in the care home."

– *Home Manager*

"Great experience, great people, it was just nice to give something back."

– *Employee Volunteer (Sanctuary Head-office staff)*

Who can volunteer?

Anyone who is kind, caring and reliable. All of our volunteers will:

- Receive an induction before they start.
- Have travel expenses reimbursed.
- Be supported by our staff and receive on-going training.
- Have the necessary PVG scheme for Scotland care homes ONLY or DBS check (formerly CRB) which is a legal requirement when working with our residents. We will of course cover the cost of this.



Could you be a Volunteer?

By Rita Hardman

Ravenhurst Resident - Sanctuary Care

Are you willing to be a volunteer?
To come into our Home
And be with a resident
Who might be sitting alone?

Are you really friendly?
And happy to come and chat
About anything and everything
Or even this or that?

Have you a sense of humour?
So you can make them laugh
And patience and kindness too
That would really help the staff

Can you play a game with them?
Which the person will enjoy
There's lots provided here
Which you could employ

Would you bring out card games?
Like Happy Families or Snap
Along with Snakes and Ladders
They'll fill an empty gap

Have you knitting skills?
That you could pass on?
Or there's a special dartboard
Making aiming a lot of fun



Could you help with word searches?
Or colouring – a well loved pastime
If you brought in some flowers
Arranging them would be fine

Could you do some simple baking?
Like biscuits or fairy cakes
We would provide the ingredients
Someone there is all it takes

Do you like painting nails?
The Ladies really love this
And after feel very smart
It's something that they miss

If you don't know what to talk about
There are cards to inspire chat
So memories of the old days
Can be revived while you're sat

Would you help with jigsaws?
Or there's quiz books galore
Our shelves are full of activities
You couldn't ask for more

Please think about volunteering
Morning, noon or night
The residents will be so grateful
And you'll feel just right



How much time will it involve?

As little or as much as you like - from a couple of hours a week to a few days a month. Most volunteers give a couple of hours a week, but this could be more or less depending on their other commitments. At Sanctuary Care, we appreciate that our volunteers are giving up their free time to support us hence why our opportunities are flexible to meet the needs and skill set of everyone. Nonetheless, due to the nature of the sector, at Sanctuary Care, where possible, we desire a long-term commitment; 6 months or more as our residents benefit from the consistency.



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www.sanctuary-care.co.uk

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