

Stand Out and Be Outstanding!

Norfolk's NHS community trust is calling out for new volunteers to join its 'outstanding' team.

Jules Alderson, Volunteer Service Manager, said: "We are excited to be celebrating the NHS's 70th Birthday and our recent CQC 'Outstanding' award by welcoming new volunteers to the team."

Volunteering can be a great way to gain new skills, put life experience to good use to support others, and to help on the road to employment or education.

One of the Trust's youngest volunteers, Nikki, 17 gives up her spare time to support patients at Caroline House, a specialist rehab ward for patients with brain injuries. Nikki says "As a volunteer I mostly spend time talking to patients, we will also play board games. The thing I find most rewarding about volunteering is seeing patients progress. Being able to have an impact, even just a small one, in offering my company and seeing them progress so much is something I have found so rewarding and is what motivates me to continue volunteering for the foreseeable!"

We are currently looking for volunteers to join our team at sites across Norwich, including GP practices, Norwich Community Hospital and The Colman Hospital, and would love to hear from people who would like to get involved, both on our wards with patients and family, or in a behind the scenes role. Full training is provided, and travel expenses are reimbursed.

For more information, please call 01603 272336 or email volunteering@nchc.nhs.uk

Robert, who supports the Community Nursing and Therapy team with their stockroom says "I see volunteering as a "mid-way step" from being out of work to returning to paid

employment. It has allowed me to achieve a good reference which adds extra weight to my CV”.

Sandy has been volunteering at PBL for 4 years says, “I mainly work in the coffee bar making tea and coffee for visitors. I find that some visitors like to have someone, who is not involved with the medical side of the patient, to talk to, as that gives them just a short break from the stresses of seeing a loved one who is ill. I enjoy it firstly because of the feeling that I am doing something that is worthwhile and I feel appreciated for doing it. I greatly enjoy the company of the other volunteers I work with and have made good friends since I started to volunteer.