

Welcome to the VOLUNTEERING

Newsletter February 2019

Christmas Awards
2018



Christmas Volunteers Awards Celebrations
Over 60 volunteers attended our Annual Volunteer Awards on 12th December 2018. They were joined by our Chair, Sian Bates and CEO, Ann Radmore.

This annual occasion was hosted at Kingston's Double Tree Hilton and reflected the impressive support, commitment and dedication our volunteers deliver to support our patients by the length of service awards. A huge thank you to the hotel for kindly offering to host the event at a discounted rate and the Kingston Hospital Charity for funding the event.

Dates for the
Diary

Coffee Mornings

Our Volunteers
are in the Daily
Mail

Sage and Thyme

Peer Support
Volunteers

Volunteer Profile

Staff Volunteer
Champion

Office Hours

Volunteering
Team

Hampton Court
Half Marathon

Festive Season past..... We would like to specially thank all our volunteers who came in and around Christmas Day. The feedback from staff colleagues about your help was amazing. Thank you!



5 Year Awards:

*Maureen Abel
Vivienne Abel
Helen Green
Anita Knox
Gyles Lambert
Penelope McQuater
Elizabeth Meatyard
Murali Menon
Catherine Morgan
Kate Mountstevens
Carolynn Omran
William Petty
John Robertson
Uzma Sadiq
Valerie Stacey*

10 Year Awards:

*Mao Ali
Manish Arora
Gaye Burrows
Albert Dutoit
Irene Gould
Jill Hyman
Veronica Lee
Nigel McWade*

15 Year Awards:

*Ken Alkins
Amjad Hamid*

20 Year Awards:

*Serge Lourie
Doug Potter*

25 Year Awards:

*Simon Frate
Angela Walker*

Our NEW coffee sessions! Please join us!



Please come and meet the team for a coffee or tea at the back of the restaurant.

Monday 4th March: 9 - 10.30 am

Tuesday 2nd April: 9 - 10.30 am

Wednesday 1st May: 9 - 10.30 am

Thursday 13th June: 9 - 10.30 am

Friday 5th July: 9 - 10.30 am

Monday 5th August: 1 - 2.30 pm

Tuesday 3rd September: 1 - 2.30 pm

Wednesday 2nd October: 1 - 2.30 pm

Thursday 7th November : 1 - 2.30 pm

Friday 13th December : 1 - 2.30 pm

Dates for the Diary 2019

Summer Volunteering

Values Awards:

Thursday 6th June

Christmas Volunteering

Service Awards:

Wednesday 4th December

Invitations near the time



The marvellous support and dedication of our volunteers at KHFT was recognised by the Daily Mail on December 18th 2018. If you missed it – we have a copy in the office.



<https://www.dailymail.co.uk/health/article-6505459/The-hospital...>

Introducing your new Peer Support Volunteers!!! ...who are here for you

We are really excited about sharing with you that we have now recruited several **Peer Support** volunteers who are a new cohort of mentors equipped with coaching skills to facilitate and support all our volunteers at the trust. They cannot wait to start and will be in touch soon.



Melinda Woodward



Mei Chan



Rebecca Sewell



Giedre Howell



Ines Orosnjak



Lata Joss



Nicola Hutin



Dealing with people in distress

Foundation Level

A 3 hour free workshop on behalf of Macmillan Cancer Support and Sage and Thyme

Information about this course can be found at:
<http://www.sageandthymetraining.org.uk>

Learning Outcomes:

- A memorable structured way for getting into and out of a conversation
- How to empower patients/carers who are worried or distressed
- Communication skills that are evidence-based

Date and venue:

08:45 for registration – 12.00pm
Lecture Theatre 1, Education Centre

29th January 2019

21st March 2019

15th May 2019

10th July 2019

19th September 2019

16th October 2019

5th December 2019

To book a place, please email Paula Lyons (paula.lyons4@nhs.net). For further information please contact Thora Thorhallsdottir on ext 6215 or email t.thorhallsdottir@nhs.net.



If you've volunteered for at least 100 hours (anywhere) in the past year, you could get a FREE discount card to use in independent high stores.

Visit www.valueyou.org
for more info & how to apply



VOLUNTEER PROFILE



Jill Hyman
Chaplaincy Volunteer
Joined the team on 1st January 2008

Why did you want to volunteer with us?

I had both my children at Kingston hospital in 1971 and 1974 in the old maternity wing, which was at Vera Brown House on the Gloucester Ward, so when my local Rabbi asked if I could join the chaplaincy team as a volunteer in 2008 I didn't think twice.

I had some spare time to give whilst working part-time and wanted to use it in a valuable way.

What is a typical day like for you?

Once I have signed in, I review the paperwork, visit the patients and help them with any concerns they may have. I really enjoy being part of the Chaplaincy Team and the Volunteering Family. I really enjoy supporting all the patients on the ward.

What tips would you give new volunteers joining us?

Be a fairly outgoing person, enjoy talking to patients, be open and have the ability to empathise.

New drop in to the Office Hours

Please do drop in and see us for anything you need help with or to say "hello".

Monday – Friday 10am -11am / 2pm - 3pm

If you visit us outside of these hours to drop off a form or to leave us a note, please use our new post box outside the office. This is checked daily.

Volunteer Office, Davis Wood House Annex

Or call / email us:

Tel: 0208 934 2549

khft.volunteering@nhs.net

STAFF VOLUNTEER CHAMPION

(someone who champions and involves volunteers in their department/team)



Susan Van Beveran

Head of Chaplaincy, Pastoral & Spiritual Support Services

How long have you involved volunteers?

The department has had a long history of volunteers working with us to provide regular patient visiting on the wards, and assisting us with administration and cultural events linked to the world faith calendar. Many of our volunteers have had long service awards for 5, 10, 15 and even 20 years of service

How many volunteers do you involve/supervise?

Approximately 35 volunteers from all different walks of life, faith traditions and life philosophies.

What difference do they make?

Our volunteers make all the difference. Our core staff team is very small and does not have the capacity to follow up all the patients requesting pastoral visits across the Trust. Many of our volunteers come in throughout the week and weekends for several hours at a time to visit on the wards, providing much needed support at the bedsides. For those seeking specific religious support, prayers and sacraments we have a group of volunteers attached to each of the main religious faiths, and the Duty Chaplains can request follow-up to ensure ongoing support for patients and their families. This includes Holy Communion after Roman Catholic Mass, or Church of England Eucharist, Jewish prayers for members of the local synagogues, or Muslim assistance regarding funeral arrangements. Some of our volunteers assist us with the office-based administration tasks which help the team enormously. Some of our volunteers have had further training to assist with our Sitting Service for those coming the end of their life. Some of our volunteers have also recently undertaken training in bereavement support in readiness for the launch later this year of a Bereavement Café as part of the Trust's strategy to support families after the death of a loved one.

What tip/advice would you give to other Trust staff wanting to involve a volunteer?

It is really important to invest time getting to know your volunteers. This starts at the first enquiry and selection process to ensure a good fit with the team and the support you will be asking them to do. Ensuring they feel part of the wider team and building on opportunities to involve them is also very important. Our volunteers make good use of any training opportunities we can offer, and this ensures they are gaining important skills and competencies to support them in their roles with patients, families and staff. Where possible we match an interest or particular skill with a key area of the improvement projects the department is running, which increases overall team capacity and makes volunteering a satisfying experience.



Your Volunteering Staff Department:

Yvonne Douglas-Morris,
Head of Volunteering

(Monday - Friday)

Oversees the Trust's Volunteering Strategy and delivery of the programme



Sharon McEwan,
Volunteering Services Manager

(Monday - Friday)

leads on recruitment, engagement and retention of volunteers with her team, comprising of:



Catherine Evans,
Macmillan Volunteer Project Officer

(Tuesday, Wednesday, Friday)

who is here to extend volunteering within Cancer Services



Mandy Davis,
Volunteering Recruitment & Training Co-ordinator,

(Tuesday, Wednesday, Thursday & Friday)

who co-ordinates recruitment, induction and training



Geidre Howell,
Volunteering Services Assistant,

(Tuesday & Friday)

who supports recruitment, induction and training



It's a girl!

Sarah Mills our **Community Services and Outreach Manager**

gave birth to

Sophie Rose Mills on 14.09.18, weighing 6lb 12oz.

Congratulations!



Can you help??



Hampton Court Half Marathon
17 February 2019

Kingston Hospital Charity are one of the headline organisations being supported by the Hampton Court Half Marathon. We are looking for volunteers to help the organisers for 2- 3 hours on the morning with various roles including:

Baggage volunteer:

Assisting at the Baggage marquee where runners will drop of their bags prior to the run, and collect them after.

Course volunteer:

Help on the run route at a marshal position, directing runners and cheering/encouraging!

Registration volunteer: Helping to hand out race numbers to runners before the run.

Finish volunteer:

Helping at the Finish to hand out either, Medals, Fruit, T-shirts, water etc.

If you can help please contact Michelle Bartsch on m.bartsch@nhs.net or call **020 8973 5041**

NEW!



@VolunteeringKHFT



If you have a Twitter account please do give us a like!

@VolunteerKHFT



PLEASE REMEMBER TO book your shifts on Healthroster. If afterwards you can't make it in please let us know asap.

QUICK REMINDER TO ALWAYS WEAR YOUR ID Badge as part of our security policy and purple **T-shirt** for your shifts **WHILST** you are on the hospital site.

Thank you

