

Compassionate Neighbours



Compassionate Neighbour Volunteer

Empowering people through companionship

OUR CHALLENGE

People in our community (some of whom may be Hospice patients) living with a serious, long-term or terminal illness, can often struggle to stay connected to their friends and family. This can leave them with feelings of isolation and loneliness. Our Compassionate Neighbour volunteers can help enable community members to feel connected, seen and valued. The simple but powerful act of visiting and spending quality time with someone can serve to uplift them during challenging times.

HOW YOU CAN HELP

Becoming a Compassionate Neighbour will enable you to have a tremendous impact on the quality of life for our community members. It is no exaggeration to say that your regular visit is likely to become a genuine highpoint in their week.

During a visit, activities typically include;

- Offering companionship through talking, listening and having a laugh together
- Practical support such as making a cup of tea or changing a light bulb
- Helping them to stay connected to their friends, family and their local community
- Guiding them in accessing services likely to be of help to them
- Providing a much needed break for a carer

IMPACT YOU WILL MAKE

When you are first matched with a community member, there is no telling the deep impact your visits will make. Your commitment to a weekly visit can give a community member something to look forward to and help restore their sense of belonging and wider connection to life outside of their home and beyond their illness. Your match with someone may last a few months or could develop into an enduring friendship.



Princess Alice
Hospice

Princess Alice Hospice
is a centre of
excellence.

We **believe** that end of life care is about helping people **live every moment to the full**, in comfort and dignity. It's about creating a space, whether in our Hospice or at home, where **families** can enjoy **special** moments and make precious **memories**.

Every day we're improving our services. And we've made it our **mission** to reach even **more people** with the **expert** end of life **care** everyone deserves.



Absolutely wonderful to have a Compassionate Neighbour. It has made a huge, huge difference to my life. (Community Member)

I love it, I feel I make a huge difference to people's lives and in return my life is richer. (Compassionate Neighbour Volunteer)



DO YOU HAVE THE TIME?

The role can be flexible around your schedule but ideally involves you visiting a community member once a week and spending 1 - 2 hours with them - typically in their home.

Before being matched, there is a compulsory 2 day training course held at the Hospice. Training is held every other month and upcoming training dates can be found on our website.

YOU WILL...

- Meet new people and become part of our wider volunteer community
- Use existing skills and develop new ones
- Empower people to care for themselves and remain as independent as possible
- Be a great communicator - If you speak additional languages to English, you may be able to utilize these with your match
- Be non-judgmental, empathic and maintain strict confidentiality

WE WILL...

- Set you up for success by providing role specific training and the opportunity for further development/training options
- Invite you to monthly Compassionate Neighbour support meetings
- Ensure you are supported in completing required online learning modules - some of which are renewed on an annual basis
- Send you our monthly volunteer e-newsletter with all the latest updates and information
- Invite you to our social events and forums
- Reimburse you for pre-agreed travel expenses
- Provide free access to the PAH education programme

Our values inspire us and ensure that our care is nothing short of outstanding – every time, for every patient and family. Do you share them? If the answer is 'yes', you could be one of those special people we're looking for to join our team!

I - Integrity

C - Compassion

A - Accountability

R - Respect

E - Excellence

If interested in becoming a **Compassionate Neighbour**, we'd love to hear from you!

Start your volunteering journey here:



If you have any questions, please contact the Volunteering Team: volunteering@pah.org.uk
Phone: 01372 461 856

