



Bereavement Walk & Talk Volunteer

Making a difference one walk at a time

OUR CHALLENGE

In the challenging times that follow the death of a patient, we support families, friends and relatives as they cope with their loss.

One of the ways in which we support people is through our monthly Walk and Talks. The walks currently take place in Bushy Park, Richmond, Painshill and Claremont Landscape Gardens. We are now looking for volunteers as we establish new walks in Denbies and Horton Country Park

HOW YOU CAN HELP

As a Bereavement Walk and Talk volunteer, your role will be to facilitate peer to peer support between participants.

Your role will involve the following activities:

- Attend a monthly Walk and Talk as a volunteer to support clients
- Working with the other volunteers and the Bereavement Support Team to facilitate the walk, ensuring there are enough volunteers, welcoming newcomers, registering everyone, making introductions and ensuring that the walk goes smoothly
- Debrief with fellow volunteers afterwards and refer any concerns to the Bereavement Support Team
- Attend quarterly supervisions and an annual review meeting

IMPACT YOU WILL MAKE

Getting the right support at the right time can make the world of difference as people try to navigate their way through their grief.

Our Walk and Talks volunteers offer an invaluable outlet for bereaved people to come together and enjoy the benefits of being out in nature and accessing peer support from others who are also grieving.



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.



I am so pleased I took the plunge into Volunteering for Princess Alice Hospice! I feel I have regained a sense of purpose and self-worth that had been missing since I stopped working. I love feeling that I am a valued member of a team and that I am doing something worthwhile and making a difference.

Emma, Bereavement Volunteer



DO YOU HAVE THE TIME?

This is a monthly commitment of 2 - 3 hours in either Denbies or Horton County Park

The Denbies Walk will be held the first Monday of each month at 10:15 for a 10:30 start

Horton County Park - Day/time tbc

You will be required to attend a Training Day on 1st July from 10:00 - 15:00

YOU WILL...

- Have a genuine interest in other people
- Enjoy walking in the great outdoors (in all weathers)
- Enjoy a reasonable level of fitness
- Have great listening skills and an ability to respond sensitively and compassionately to people who may be distressed
- Have a non-judgmental attitude
- Be dependable and able to commit on a monthly basis
- Enjoy working as part of a team and become a member of our wider volunteer community
- Have experienced no recent bereavements (i.e. in the past 2 years)

WE WILL...

- Set you up for success by providing one day Walk and Talk training
- Ensure you receive ongoing support via quarterly supervision meetings
- Provide assistance in the completion of recommended online learning
- Send you our monthly volunteer e-newsletter with all the latest updates, information and invites 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 you are interested in becoming a **Bereavement Walk and Talk Volunteer**, 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

@PAHospice

