



**St Joseph's
Hospice**
Registered charity no. 1113125

St Joseph's Hospice

St Joseph's Hospice looks after and supports people over 18 years of age with incurable life limiting conditions. We aim to help people to 'live' with their illness as comfortably and independently as they can. We also aim to support friends, families and carers who may also be affected by an individual's illness.

Title of volunteer role:	Empowered Living Team Volunteer
Responsible to:	Ameena Rahman
Age Requirement	18+
Role Summary	As a member of the Empowered Living Team (ELT) the volunteer's role would be to assist in the delivery of therapy to patients to enable them to live their lives with as much independence and quality of life that is possible. This may include tasks such as: supervising a patient to do exercises or practice physical activities, talking to patients about some of their worries/concerns/thoughts, or providing a patient with massage/relaxation. ELT volunteers will be matched to a particular patient and will see them at that patient's home or in a local clinic on a regular basis for a set number of weeks.
Key tasks	<ul style="list-style-type: none">• Visiting patients in their homes to provide support of their therapy, as prescribed by a palliative care professional and within the scope of the volunteers training and competencies.• Completion of visiting records and documentation of activities undertaken with patient/carer.• Working closely with a supervising health professional• Engaging with patients, their carers, and the team• Following the project's guidelines/procedures
Time requirement	Minimum of one 2 hour weekday shift for six to twelve months Completion of the initial training course (3-4 days, dependent on role agreed)
Skills and qualities required	<ul style="list-style-type: none">• Approachable and friendly person who is able to get on well with people of different backgrounds• Caring person who is committed to help improve patients quality of life• Be able to work in a professional manner with patients who have a terminal illness• Ability to complete patient files and other written documents as instructed• Be enthusiastic to learn and practice new skills• Be reliable and flexible• Be able to speak and read/write English



	<ul style="list-style-type: none"> • Enhanced DBS clearance • Comply with St. Joseph's core values and mission
Desirable	<ul style="list-style-type: none"> • Experience of working in rehabilitation or care services • Understanding of palliative and end-of-life care • Experience in working with vulnerable people • Links with local communities in Newham, Tower Hamlets or Hackney • IT Literacy and email
Training	<p>All volunteers would complete a compulsory induction training of 3-4 days, (dependent on role agreed) which would include training on:</p> <ul style="list-style-type: none"> • Palliative Care • Visiting a patient in their home • Coping with difficult situations • Rehabilitation • Counselling and listening skills • Complementary therapy (massage/relaxation) • Moving and Handling • Communication skills • Emotional Resilience <p>In addition to the initial training volunteer will have access to training in specific areas of speciality such as:</p> <ul style="list-style-type: none"> • Shortness of breath • Pain • Reduced mobility • Anxiety • Fatigue <p>Access to regular supervision and debriefing with a health professional</p>
Benefits	<ul style="list-style-type: none"> • Learn and develop new skills • Gain experience of working in a caring profession • Opportunity to help people to improve and make the most of their lives despite having a terminal illness • Opportunity to meet and work with interesting and diverse people • Opportunity to give back to the community in a direct and meaningful way • Get job references and develop a portfolio of skills and training gained • Travel expenses paid