



Head of Services update



Welcome to the June Edition of our Volunteer Newsletter

Now that restrictions have lifted (and the sun is shining) we are seeing more and more clients pop in for Information & Advice or to attend our social groups/IT drop in. It is so lovely to see people face to face now, although we continue to operate our services with caution as we are conscious of the vulnerability of some of our clients.

The cost of living and fuel price increase have already started to bite, so if you know of an older person who would benefit from advice, please suggest they get in touch.

Our new Digital Inclusion Project with the NHS to support patients with COPD has really taken off. Referrals for Digital Volunteer support to get patients up and running digitally are coming in daily. This is a great project enabling patients to take part in regular online exercise sessions supported by medical professionals.

Part of the Southampton Living Well Partnership, Padwell Road Day Care Centre is welcoming clients old and new. With person centred goals, activities and day trips supported by our great staff team.

Finally a huge thank you to all of you, for your continued support to AUKS and older people across the city.

Until next time, take care and have a wonderful Summer.

Latest news from Age UK Southampton



**Volunteer 'Thank You' Event Monday 6th
June 1:30pm-3:30pm**



To coincide with National Volunteers Week, we are officially inviting all of our Volunteers to a Queens Jubilee themed 'thank you' event here at Freemantle Community Centre. There will be refreshments and quizzes to keep you all entertained and an opportunity to chat with fellow Volunteers.

If you would like to join us, please RSVP to Nadine at:
Nadine.costello@ageuksouthampton.org.uk to book your place and to let us know of any dietary restrictions.



Volunteer spotlight

This edition's volunteer spotlight is on Maureen and Donna who both volunteer as Home Assessment Volunteers,

Maureen Titheridge - *I started volunteering for Age UK Southampton 5 years ago as a receptionist – starting first at Saxon Gate then onto our current premises. In 2019 I started doing Home Visit assessments for the Befriending Service, which is what I am still doing but with my new partner of 9 months – Donna Way. I feel we compliment each other as a team and I enjoy meeting all our clients – old and new.*

Donna Way - *I was lucky enough to start volunteering with Age UK last summer after retiring from the NHS after more than 30 years! I knew that I wanted to continue working, and volunteering with Age UK means that I can continue to be client facing using my skills and experience from my years in nursing. Among the many volunteering roles that are available within the charity I chose to undertake home assessments which means that with my colleague Maureen and I go to clients homes and assess them to see whether they are suitable to have a home befriender.*

As you can imagine especially during and since Covid there are many lonely vulnerable people in the community who feel isolated and our role is to match them with a volunteer befriender with similar interests who will go to their home once a week for approximately an hour for a chat.

For a client who is feeling lonely and vulnerable this gives them something to look forward to and for many it will be the only interaction they may have with another person that day.

It is the role of myself and Maureen to go and assess the clients based on the following factors: Physical/mental health, suitability of the clients environment, social interaction, client safety and the safety of a home befriender.

As you can imagine at times it can be a very challenging role as you never know what the clients circumstances are and it helps to have an understanding of things such as safeguarding.

Clients can self refer but are often referred by other organisations such as hospitals, Adult mental health teams and social workers.

I think it is fair to say that carrying out home assessments is an important part of matching the client with the right befriender as it gives you an understanding of the person and what they need.

Would you like to be in our volunteer spotlight?

Simply let us know what it means to you to volunteer for Age UK Southampton by emailing: volunteering@ageuksouthampton.org.uk

Service headlines

We have had a few more volunteers that have started with us in various roles helping older people in any way they can to stay independent!

We are pleased to welcome the below to our ever growing team of volunteers:

- Hazel Beuret – Telephone Volunteer
- Damian Hutchings – Digital Inclusion (PRT) volunteer
- Daniel Jones – Accounts Volunteer
- Angels Llanes – Volunteer Visitor
- Marco Ma – Accounts Volunteer
- Martin Tidby – Volunteer Visitor

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