

VOLUNTEER VIEWS

THE NEWSLETTER FOR AGE UK SUNDERLAND VOLUNTEERS
April – June 2018

YOU MIGHT JUST BE THE PERSON WE ARE LOOKING FOR!

Are you reasonably confident using computers, Apple iPads or Android tablets to access the internet for information? Do you remember taking those first anxious steps into the world of digital technology? Would you like to help us encourage older people to take those first tentative steps to widen their horizons too?

Age UK Sunderland are taking forward a brand new Digital Inclusion project. We want to encourage and support older people access the internet, in particular to access their GP services, such as booking appointments and ordering prescriptions, as well health related information specific to their diagnosed condition(s) e.g. diabetes, stroke and other conditions to help encourage self-care.

Whilst the focus will be on health and wellbeing we hope to develop the confidence of older people to independently access other services such as banking, on line shopping or even contacting their distant relatives on 'Skype' or 'Messenger' to help alleviate loneliness and isolation.

We are recruiting 'Digital Champion' volunteers to help us to achieve this supported by our Digital Inclusion Officer.

If you are interested in becoming one of our digital champions please contact Mike Lowthian (Digital Support Officer): Tel 0191 5148322 Email: mikelowthian@ageuksunderland.org.uk

With your help we can introduce older people to the exciting but sometimes scary world of the internet...transforming the lives of socially isolated older people.



The Volunteer Views 60's Music Quiz!

- 1) What is the B Side of the Beatles "She Loves You"?
- 2) What was the original name of The Who?
- 3) What is the name of the Dave Clark Five's film in 1965?
- 4) Who replaced Brian Jones in the Rolling Stones in 1969?
- 5) Which group had a hit with "Flowers In The Rain" in 1967?
- 6) Which group had a No.1 hit with "How Do You Do It"?
- 7) Who backed Tony Sheridan with "My Bonnie" in 1961?
- 8) What is Frank Sinatra's middle name?
- 9) Who had a No.1 in April 1967 with "Silence Is Golden"?
- 10) What is Cilla Black's real name?
- 11) Who sang with The Moody Blues in 1965 then joined Wings in 1971?
- 12) What was The Monkees first No1 in Jan 1967?

Answers on the reverse



Thank you to those who attended the recent Volunteer Get Together event at the Bradbury Centre. Among the many topics discussed was the inclusion of a questions and answers section to the Volunteer Views newsletter.

If you have a question please email volunteering@ageuksunderland.org.uk or call 0191 5659045

We currently hold your contact details in a mailing list to send you information such as Volunteer Views Newsletter, new opportunities and other information relating to your volunteering. In order to comply with the General Data Protection Regulation, we need your ongoing consent to continue holding this information. If you would like to request removal from the mailing list please contact us by emailing volunteering@ageuksunderland.org.uk or telephone 0191 5659045.



Volunteers Dora and Stan (centre and right) chat to Patrick

First Birthday for FaNS

The Friends and Neighbours (FaNS) project is almost a year old now and volunteers have had some amazing experiences. FaNS was set up to increase community involvement in care homes and it made a difference to people immediately. Most of us joined FaNS thinking we would be benefitting other people, we did not know we would benefit too.

The first indication that this was how it would be came from a game dominoes. Our volunteer was taught how to play by residents. An awful lot of cheating now goes on but a good time is most definitely had by everyone involved.

We had the joy of seeing a lady in her eighties teach a young man of nineteen how to play bingo. Not only does he now know how to play, he also double as bingo caller using the correct terminology for each of the numbers. Keen gardeners, seamstresses and artists are all sharing their knowledge with FaNS volunteers and each other. Our volunteers spend around an hour each week visiting the home and spending time with the residents. Sometimes they sit and chat to individual residents or a small group. They also join in activities which are going on in the home. It can be a craft activity, reminiscence sessions, nail painting, a sing along, games such as cards or dominoes, and even helping make pizzas on occasion.

Christmas was very magical in the care homes. Staff, visitors and volunteers put so much effort in to making it so very special. Making Christmas decorations is very popular. One volunteer is now an expert pom pom maker and helped to decorate one of the best trees in the north east.

As we head toward our second year FaNS is looking forward to working with more care homes across the city and being joined by new volunteers. If you would like to know more please contact Ian Jarvis on 0191 5141131 or IanJarvis@ageuksunderland.org.uk

Our Volunteer Recruitment process

When you express an interest in volunteering with Age UK Sunderland, you will be invited for an informal chat about the volunteering opportunities that we can currently offer and the roles that may suit your skills and interests.

If you decide to go ahead, you will be asked to complete an Age UK Sunderland Volunteer registration form. You will need to provide the contact details of 2 referees - someone who can act as a character reference and someone who should be a work related contact or other professional person. Please remember it is courtesy to ask their permission before nominating them as a referee.

Once we have received satisfactory references, we will ask you to complete an enhanced DBS (Disclosure & Barring Service) application. We complete our DBS applications online, so you will need access to a pc and email address. You will also need to provide original documents confirming your identity so we can verify your application. We cannot consider registering you as a volunteer until a DBS certificate has been received.

The reference and DBS processes are very important and may take a few weeks to complete. Once your registration has been approved by the Director, you will be invited to attend an induction session which outlines important information such as our policies on confidentiality, safeguarding, gifts and equal opportunities. You will also receive your Volunteer Handbook at this session.

All our volunteering roles are subject to a 6 week trial period, this allows you to try it out to be certain that it is suitable for you.

60's Music Quiz Answers

1: "I'll Get You" 2: The High Numbers 3: "Catch Us If You Can"
4: Mick Taylor 5: The Move 6: Gerry and the Pacemakers
7: The Beatles in Hamburg 1961 8: Albert 9: The Tremeloes
10: Priscilla White 11: Denny Lane 12: I'm a Believer