

Volunteering Opportunity Outline

Name of opportunity: Mealtime Companion

Department :	Capener Ward
Location:	NDDH, Barnstaple
General outline of role:	<p>The purpose of the role is to enhance patient care by providing additional support at mealtimes.</p> <p>No direct assistance with feeding and drinking required initially, as this is a specialised task.</p>
Key responsibilities and tasks:	<p>To provide support at mealtimes to motivate patients to eat and drink adequately.</p> <p>To communicate any relevant patient information promptly to the ward nursing staff.</p>
Key tasks involved:	To sit alongside and engage with patients at mealtimes by chatting and encouraging them to eat and drink in a more sociable environment, ensuring food and drink is within easy reach and accessible to the patient.
Key people the volunteer will be working with:	Volunteers will always work under the direct guidance of ward nursing staff, who are responsible for the patients' care and wellbeing.
Time commitment:	<p>2-4 hours per week at mealtimes for a period of 6 months initially:</p> <p>Breakfast – 8:00-9:00hrs Lunch – 12:00-13:00hrs Dinner – 17:00-18:00hrs</p>
Skills required:	<p>No previous care experience necessary, though valuable.</p> <p>An ability to approach patients and their families with confidence, warmth and compassion and to be sensitive and tactful, reliable and trustworthy.</p>

	<p>To be emotionally mature and have the ability to be mindful and respectful of individual patients' needs and behaviours.</p> <p>An understanding and ability to learn the importance of personal and professional boundaries.</p> <p>An understanding that patients may potentially become confused – or sometimes aggressive.</p>
Specific educational requirements of qualifications:	None.
Workplace training required for the role, if appropriate:	<p>Volunteers will attend a half day induction session, to familiarise them with the Trust, its policies and procedures.</p> <p>Specific guidance and training alongside ward nursing staff, and will be ongoing. Access to further training may be available.</p>
Other benefits:	<p>Benefits include free parking when volunteering and staff discount in the main staff restaurant, in addition to local discount schemes. If required, we are able to pay either a mileage or public transport allowance.</p> <p>An opportunity to develop new skills and access ongoing professional development.</p> <p>Employment references may be offered after the initial 6 month period.</p>
Will driving be required?	No
Is this post subject to a Disclosure Barring Service (DBS) Check?	Yes