



Office use only	
Role Ref:	AH-RAV

Recovery Activities Volunteer

Role Description

Based at: Amberstone Hospital, Near Hailsham

Days/times: To be negotiated

Volunteer Supervisor: Occupational Therapist (OT) / Nurse in Charge

Main Purpose:

As a Recovery activities volunteer you will encourage and support our service users to take part in a variety of daily living activities such as, cooking activities, self-care activities, arts and crafts, hobbies, social inclusion, gardening, and physical exercise.

Background

Amberstone Rehabilitation Unit is part of the rehabilitation service in East Sussex.

It is a 24 hour inpatient hospital. Service users are encouraged to work in partnership with their support team. Amberstone aim is to provide a high standard of care and support service users to reach their optimize level of recovery

Patients are admitted for rehabilitation. They have a diagnosis of mental illness which could include Schizophrenia, Bi Polar Affective Disorder, Depression, Schizoaffective, Personality disorder, adjustment disorder, generalised anxiety and dual diagnosis which is street illegal drug use linked with the onset of mental illness. There are many more different illnesses and disorders.

Amberstone staff work alongside the patients in the recovery processes. We offer psychology, Occupational therapy, Peer specialist support, nursing care, medical care, groups and activities which are evidence based, therapeutic and recovery focussed.

Recovery Activity Volunteers offer social contact to people with mental health conditions on the unit , and encourage participation in recovery activities.

As the unit is a busy environment, it is essential that volunteers are able to take a proactive approach to the role, whilst always being guided by their supervisor and wishes of the patients.

Overview of role:

We are looking for a recovery activities volunteer.

The volunteer will work alongside the service user to enable then to participate in recovery activities according to their preference and therapy needs.

The volunteer will need to be able to communicate clearly and empathically to the service users.

Duties:

1. To follow the guidance of the OT or Nurse who will identify service users recovery activity needs.
2. To receive a handover from nurse in charge or OT about priorities and issues that will impact on the volunteers planned activities. This may include information on service users.
3. To understand and follow activity protocols and related risk assessment.
4. Helping and supporting service users to participate in recovery focussed activities.
5. To have good communication skills, especially in regards to instruction and be able to encourage service users to engage in their own recovery.
6. To inform OT team member or other staff if a service user expresses any significant changes in mood or behaviour.
7. To clear up after the activity and keep areas safe and tidy.
8. To undergo training as required.
9. Seeking service users' feedback on their experience of the activity.
10. To participate in regular supervision.

Person Specification

Essential

- Aged 18 or over
- Able to commit reliably to at least 2 hours a week for a minimum of six months
- A commitment to improve the patient's experience of their time in hospital
- Well presented, with a friendly and approachable manner and good verbal communication skills
- An ability to relate well to people on a one to one basis and be sympathetic to others' situations
- An ability to be patient and calm even in the face of difficult situations
- An ability to act on own initiative within the role description
- A willingness to be flexible and to follow the guidance of a placement supervisor
- A commitment to the trust's equal opportunities and diversity policies
- A willingness to abide by the Sussex Partnership volunteer guidelines, including rules on confidentiality, health and safety, safeguarding adults and children and manual handling
- To be willing to receive training any areas as appropriate to the volunteer role