

VOLUNTEER ROLE DESCRIPTION

Role Title	Physiotherapy seated exercise group Volunteer
Location	Pilgrims Therapy Gyms Canterbury
Time Commitment	A regular commitment to support a minimum of one physio group session – typically 3 hours per week depending on group session
Responsible To	Site Physiotherapy team and Therapies lead

PURPOSE OF THE ROLE
<ul style="list-style-type: none"> To play a key role in the provision of physiotherapy seated exercise programmes To assist physiotherapy assistants in the management and delivery of seated exercise groups for patients To act as a befriender to patients and carers attending groups
KEY DUTIES AND RESPONSIBILITIES
<p>The key duties of the physiotherapy Support volunteer will be to</p> <ul style="list-style-type: none"> To support the physiotherapy assistants in setting up before the group session and clear away at the end To attend pre and post group session briefing/handover as required To meet, greet and register patients attending the group session To pro-actively engage in conversation with and befriend patients attending the group session, in a compassionate and empathetic way To support the physio assistants in managing and facilitating group sessions To participate in activities during the group session and support patients to participate in activities as required To assist the physio assistants with administrative tasks in relation to the group session, including making telephone contact with non-attenders where required To contribute to the evaluation of the group session <p>The above list is not exhaustive, and volunteers may be asked to undertake other tasks to support the smooth running of the Hospice.</p> <p>The role requires an Enhanced Disclosure & Barring Service (DBS) Check</p>
KEY EXPERIENCE, SKILLS & ATTRIBUTES
<ul style="list-style-type: none"> Commitment to the ethos of the charity and the responsibilities of the role Communication skills – able to listen, able to interact with patients and carers, empathy and compassion Able to attend duties as agreed, informing an appropriate member of staff if unable to attend Resilience – to be able to volunteer in an emotionally challenging environment Having an enthusiastic, perceptive and compassionate personality
ESSENTIAL TRAINING REQUIREMENTS
<ul style="list-style-type: none"> Role specific training matrix To arrange shadowing opportunities until competent in role Any other statutory and mandatory training considered relevant to the role.
WHAT WE OFFER
<ul style="list-style-type: none"> An opportunity to work in a health care setting An opportunity to make a difference in your local community To use existing skills in a different setting Being part of a physiotherapy team Working in a positive environment with patients, families, volunteers and staff, with a like-minded philosophy

<p>OUR RESPONSIBILITIES TO YOU</p> <ul style="list-style-type: none"> • To provide effective induction and training • To provide you with regular support • To actively listen and respond to any concerns and worries regarding the role • To communicate effectively and regularly with you • To value your enthusiasm, willingness, and expertise • Pilgrims Hospices want to ensure that applicants have had the time and space to grieve if they have had a recent bereavement so, if relevant, this will be discussed as part of the recruitment process.
<p>YOUR RESPONSIBILITIES TO US</p> <ul style="list-style-type: none"> • To engage positively with the training and support provided • To always act within the scope of your volunteering role • To comply with Pilgrims Hospices policies and procedures • To maintain confidentiality at all times • To adhere to infection control procedures pertinent to the area you are always working in • To seek help and support when needed from the physiotherapy team • To inform the hub / physiotherapy team of any unavailability for scheduled duties, preferably with at least 24 hours' notice. • To abide by the required dress code. <p>Pilgrims Therapy Centres offer a comprehensive programme of group sessions designed to holistically support the wellbeing needs of patients living with a life limiting illness and those who care for them. It is a key part of our specialist palliative care services empowering and enabling individuals to live as well as possible for as long as possible.</p> <p>The volunteer role will play a key part in Pilgrims being able to expand the number of patients and carers we are able to offer this service to. Volunteers will benefit from bespoke, expert training and robust support mechanisms. We would therefore feel it reasonable to expect a volunteer to stay in the role for a minimum of six months after the completion of their training. By donating your valuable time and skills to the role for at least this amount of time it will ensure that both the volunteer and patients/carers fully benefit from the experience.</p>