

## Recreation & Leisure



# Current Opportunities for Volunteers at The Royal Hospital for Neuro-disability

January 2012

The Royal Hospital for Neuro-disability (RHN) is the UK's leading provider of rehabilitation and care for people who have serious brain injury or conditions such as multiple sclerosis or Huntington's disease. We are located in Putney, South West London and have an active team of 150 volunteers.

Volunteers help us to provide a wide range of recreational activities to our residents and we would be pleased to hear from new volunteers who are interested in helping with the following activities:

### Art Sessions

Help facilitate recreational art sessions on an individual basis or in a group setting.

*Time commitment: Craft Club: Weds (weekly) 1.30 - 4.15pm*

*Ward art sessions: Thursday (weekly) 1.30 - 4pm*

*Drop in session: Tuesday (weekly) 10.00 - 12.45pm*

*Minimum 6 months*

### Pottery Group

Volunteers assist residents individually within a group setting. An interest in pottery and some experience is helpful.

*Time commitment: Monday 1.30 - 4.00pm (weekly)*

*Minimum 6 months*

### Singing Group

This group gives residents the chance to sing along to their favourite songs. Volunteers bring residents to the groups and join in. No musical skills required but pianists/keen or confident singers particularly welcome!

*Time commitment: 3 Fridays per month 1.30 - 3.30pm.*

*Minimum 6 months*

### "Making Music"

Collect residents and join in with wheelchair dancing in this large, interactive group.

*Time commitment: Tuesday 1.30 - 3.30pm.*

*Minimum 6 months*

## Sports Sessions

Join our team of volunteers helping to run sports sessions for residents. Activities include adapted football, basketball, target games and bowling. Volunteers encourage and assist residents to take part.

*Time commitment: Monday 1.30 - 3.45pm*

*Minimum 6 months*

## Mobile CD Library

Help residents access our library of music and talking books by taking a selection of CD library materials onto the wards. A love of music, good communication and organisational skills are helpful for this role.

*Time commitment: Friday 10.30 - 12.30pm*

*Minimum 6 months*

## Gardening Sessions

Enable residents to take part in gardening sessions. Each volunteer works individually with a resident under the direction of a recreation coordinator. An interest in, and basic knowledge of, gardening is needed.

*Time commitment: Monday or Thursday 10.30am - 12.30pm Minimum 6 months*

## Computer Room

Volunteers work individually with residents in recreational computer sessions.

*Time commitment: Minimum 6 months*

Individual sessions: *Monday - Friday (weekly) 10.30am - 12.30pm or 1.30 - 3.30pm*

Drop-in sessions: *Thursday 10.30am - 12.30pm*

## Weekend & Evening Leisure Events

*We ask volunteers to do a combination of these events in order to maintain a twice-monthly commitment.*

**Weekends:** Help take residents to events or activities and assist with the session. Activities include live music, films and boccia.

*Time commitment Saturday (weekly or fortnightly) Minimum 6 months  
10.20am - 12:30pm (Boccia); 1.20 - 4.15pm (films/concert)*

*Please note: volunteers need to be able to do some Saturday afternoons.*

**Evenings:** Help take residents to a quiz group and assist with the activity.

*Time commitment: Wednesday (once a month) 6.30 - 9.00pm Minimum 6 months*

*Please note: volunteers need to be able to do the quiz group plus one Saturday each month.*

## Church Service

Help take residents to a non-denominational church service.

*Time commitment: Sunday 10.30am - 12.30pm weekly or fortnightly for 6 months.*

## Administration Tasks

Volunteers can also occasionally help with 'one-off' or short-term administration or fundraising projects.

*Time commitment: flexible.*

## Drivers

Join a team of ambulance drivers helping residents attend and participate in activities and events outside the hospital. **MIDAS training is provided.**

*Time commitment: Flexible because volunteers are called upon intermittently and at variable times and days. This placement is best taken up following or combined with another, more regular placement.*

*Age over 21. Experience of driving minibus-type vehicles in London is required*

## Neuro-Behavioural Unit Music Listening Group

This group is for residents with challenging behaviour and will be led by a member of the psychology team, with additional input from the Music Therapy department. The Volunteer will select music for the group and assist with the session.

*Time commitment: Thursday or Friday, 1.30 - 3.30pm      Minimum 6 months*

## Neuro-Behavioural Unit Gardening Group

This group is for residents with challenging behaviour and is led by a psychologist. Volunteers assist residents with gardening tasks on an individual basis - basic gardening knowledge required.

*Time commitment: Wednesday afternoon (times tbc)      Minimum 6 months*

## Neuro-behavioural Rehabilitation Unit

***Nb. Volunteers need to gain experience in another placement in the hospital first before joining this unit.***

This unit works with residents who demonstrate behavioural problems and involves volunteers in group activities or with residents' individual programmes.

*Time commitment: 2 - 3 hours (weekly)      Minimum 6 months.*

## **"One to One" Placements**

*Nb. Volunteers need to gain experience in another placement, in a supervised group setting, before moving on to a "one to one" placement.*

Help meet residents' individual recreational needs, e.g. befriending, practising communication skills or providing stimulation for patients with low levels of awareness. These placements are supervised by nurses, therapists or psychologists.

*Time commitment: 2 -3 hours weekly (weekdays)                      Minimum 6 - 12 months.*

## **Additional Information**

**Under 18 Volunteering**                      Please refer to our information pack for under-18s.

**Training**                      All the listed placements offer induction, training, support and supervision.

**References and Criminal Record Bureau Checks**

As we are working with vulnerable adults we take up 2 references and a record check with the Criminal Records Bureau. We can accept a CRB check issued within the last 3 months if it is at enhanced level and includes a check on the Protection of Vulnerable Adults list.

*For further details about any of these placements, please contact:*

**Volunteer Coordinator**

**The Royal Hospital for Neuro-disability, West Hill, Putney, SW15 3SW**

**Tel: 020 8780 4500 Ext 5019**

**or e-mail [volunteers@rhn.org.uk](mailto:volunteers@rhn.org.uk)**

Visit our website at [www.rhn.org.uk](http://www.rhn.org.uk)

We look forward to hearing from you!