



Healthy Island Volunteers

The Barkantine - Island Health - Docklands Medical Centre - Island Medical & Woodwharf

At the heart of the **Healthy Island Partnership Community & Volunteers Programme** is a simple yet powerful goal: to **combat loneliness and isolation on the Isle of Dogs**.

What drives us is the vision of nurturing a **more connected and healthier community**. To turn this vision into reality, we work closely with local partners and residents, pooling our ideas and efforts to bring our activities to life.

The true champions of this work are our local residents and volunteers. Their generous time and skills are what make the community flourish. They work hand in hand with the HIP Healthy community engagement officer to organise events and activities that create connections within the community, bringing a sense of togetherness.

What's more, volunteering isn't just about giving back. By getting involved, volunteers take steps in improving their own well-being, develop new friendships, and engage with the local community. It's a chance to boost their confidence and even pickup new skills that might prove valuable in the future.

These amazing volunteers play an important role in keeping the energy going, with activities happening every week, every other week, or once a month.

Why not consider taking the leap into volunteering?

It's a decision that promises fulfilment both for you and the community.

E-mail our **Social Prescribers** thgpcg.socialprescribingNW8@nhs.net or ask for information from your **GP practice**

or

You can **visit our website** and **write to us**
[Healthy Island Partnership \(healthyislandth.com/\)](http://HealthyIslandPartnership(healthyislandth.com/))

Volunteer Role

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Duties can include:

- Helping with tasks needed for groups or activities (e.g. gardening, coffee morning etc.)
- Develop good working relationships within the local community
- Promote health & well-being activities locally
- Lead or chaperone a group and activity
- Supporting the running of programs, events and activities organised by HIP
- Maintain strict confidentiality regarding the privacy of patient
- Work together as a reliable team member to complete volunteer tasks
- Attend frequent team & 1-to-1 meetings for personal development

How much commitment is involved?

Training & induction, followed by regular commitment for at least 6 months

Frequent team meetings and 1:1 supervision meetings

Responsible to - HIP Healthy Community Engagement Officer

Expenses & Insurance

We will cover out of pocket expenses for volunteers, which will include travel and lunch if needed

Qualities needed for the role

- Must be reliable and trustworthy
- Good listener, personable, respectful, approachable
- Willingness to learn
- Ability to communicate with a wide range of people, including vulnerable adults and those who have English as a second language.
- Ability to follow policies on health & safety, confidentiality, equality & diversity and data protection

Helping Hand Volunteers – volunteers who can provide support with admin, tea's coffee, registration table, community awareness stalls, chaperoning and social media.

The list is endless but very valuable and needed to support the programme.

Group leaders & facilitators – volunteers who help to plan, organise, facilitate or coordinate group activities, provide a skill or expertise in an area