

Volunteers' Newsletter

Volume 1 Spring 2023



Supporting older people in Newcastle

Post-Covid volunteering

Since March 2020, when Covid arrived, "we witnessed and recognised the essential role volunteering played in alleviating suffering and keeping communities together". This is a quote from Vision for Volunteering, which is a collaboration of 300 voluntary organisations who have looked at lessons learned from the pandemic and made plans on how to move forward. However, a report by National Council of Voluntary Organisations (NVCO) described the following, "volunteers reported a generally positive experience while going through pandemic-specific challenges, but some volunteers experience emotional fatigue and burnout from volunteering."

The Vision for Volunteering seeks to address this by saying that, "It needs to be easy to move to other volunteering roles, to pause or stop volunteering and to start again because of what is happening in our lives". I hope our volunteers at Search feel that they can do this. Please do not hesitate to give me a call on 0191 273 7443 to discuss your volunteer thoughts and experiences. Serena (Volunteer Coordinator)

Fab team

The Search volunteers continue to donate their time, energy, generosity and goodwill. We give a special shout-out for the team that make the weekly Bishop's Court lunch and Buy and Bite sessions at Morrisons such a success. Without the input of Amy, Gillian, Joanne, Louise, Mary and Jen, these two events could not take place.



Amy, Louise and Joanne

Liz Sparshott is one of Search's many wonderful volunteers. She uses her experience in paralegal work and gives her time voluntarily to advise individuals and families on the process of creating and registering a Lasting Power of Attorney (LPA). This is a legal document that allows your appointed person to make decisions on your behalf if needed. This may involve a person's finances and/or their health and welfare. You may assume that your spouse or another family member would automatically have such a power, but this is not always the case.

The document does not require a solicitor to draw it up, so Liz is able to explain the different elements of an LPA and the process of applying. There is no criteria to receive this assistance from Liz and is available free of charge; instead, each client makes a donation to Search and in return they get the peace of mind that their affairs are in order. We are hugely grateful to her!



Liz Sparshott

We're Recruiting!

**Brunswick Methodist Church (beside city centre
Fenwicks)**

Tuesday 28 March 2023 1.00pm to 4.00pm
Please come along for tea and cake, have a chat
with potential volunteers

Volunteers Needed

Memory Tea Mondays 1.00pm to 3.30pm

Holy Nativity Church, Chapel House, NE5 1DR

Things we need help with:

- Setting up the tables and chairs
- Making and offering round tea and coffees
- Chatting to people attending the group and assisting with the different activities.
- Tidying up at the end.

In return:

- You'll become part of a team supporting people living with dementia.
- Your contribution will be enormously appreciated
- You will gain an insight into the work of Search Newcastle and other specialist activity leaders.



Kathleen at the Memory Tea

Our Approach is a training session written by Search to help all those volunteering for us to understand the values of the organisation. This includes understanding the importance of setting boundaries between workers and service users to keep everyone safe and comfortable. Clear boundaries help us to develop and maintain appropriate relationships and to manage expectations.

How should we respond if a gift is offered, or a phone number is requested? What about handling money? All these important questions and more besides will be discussed so that you leave the training session very clear about what Search policy is.

All volunteers are encouraged to contact Serena to book on and complete this enjoyable, interactive 2-hour training session with a refresher offered every three years after that.