

# **Reablement Volunteer**

# What we do

Established in 1941, Brunelcare is an award winning Bristol based charity providing high quality housing, care and support for older people in the South West.

Today, across Bristol, South Gloucestershire and Somerset, Brunelcare works to support people to remain as independent as possible, for as long as possible.

Care is provided in people's own homes, in specialist care homes, a reablement facility and through our day centres. Housing is provided by 1,000 properties, across 33 sites, three extra care housing sites and a retirement village.

# What you could do

Our community volunteering gives you the opportunity to offer some much needed one to one support to someone living in our community settings.

Each opportunity is tailored to the needs of the individual, and can include shopping, picking up medication, gardening, or helping them regain confidence by going for a walk together. This role can also help provide much needed social interaction to someone who may live alone and be feeling isolated.

You don't need a wide range of experience and skills. Enthusiasm, a friendly manner and a willingness to get involved are much more important, and our volunteering roles provide a great opportunity for you to learn and develop new skills.

\*\*Please note: you will not be expected to provide any personal care such as washing, dressing, administering medication etc\*\*



### Where you could do this

We have sheltered housing sites all across Bristol, or you could be helping someone living in their own home in the city.

#### When you can do this

Community Support volunteering can take place at a time to best suit you and the person you are supporting. We don't ask for a minimum time commitment, or any set hours, and volunteering with us can be flexible to fit around your work, studying, family and other commitments.

# This could be the role for you if you

- are friendly, understanding and helpful
- are a good communicator, able to interact with a wide range of people
- are reliable with good time management skills
- want to make a difference and improve the lives of others
- would like to get more involved in your community

#### What we can offer you

- a free DBS check
- a reference for future employment or studying
- paid travel expenses
- an induction, and ongoing training and development
- a dedicated volunteer supervisor for support and regular check ins
- the chance to meet new people and make a difference

# What to do next

If you're interested or would like to know more, please get in touch: info@brunelcare.org.uk or 0117 914 4200.