

# 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 reablement centres provide rehabilitation and help people get back on their feet (sometimes literally) after a stay in hospital. Guests only stay for a short time, so it's a great role if you're looking to interact with a wide range of people, try different things, and gain experience of working with older people in a care environment.

You could be helping someone get back into everyday life after time in hospital, taking a walk to the shops to get a paper, post a letter or buy a pint of milk. Helping guests with activities like jigsaw puzzles, making bird houses or insect hotels, baking and crafts to improve dexterity and support their physio exercises. Taking part in events like board game evenings, film nights, singing or just sitting and chatting with someone who might not have many visitors. Whatever you do, your time is helping prepare guests for a return to everyday life.

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 two reablement centres [Little Heath](#) in Cadbury Heath and [Orchard Grove](#) in Whitehall. Both are easily accessible by public transport, cycling, walking and have free parking nearby.

## When you can do this

Activities and support usually take place during weekdays, but some sites can support evening and weekend volunteering. We don't ask for a minimum time commitment, or any set hours, and volunteering with us can be flexible to fit around your studying 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 gain experience of working with older people in a reablement or care environment

## 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](mailto:info@brunelcare.org.uk) or 0117 914 4200.