

# Overseas Volunteers at Leonard Cheshire Disability Fethneys

Leonard  
Cheshire  
Disability



## What is my role?

At Leonard Cheshire Disability, we value the role our Overseas Volunteers have in our services throughout the United Kingdom. Due to the length of the placements for overseas volunteers (12 months) volunteers have the opportunity to acquire a range of skills, improve their English, enjoy the best of British culture and life, and develop fulfilling working relationships with our residents, staff and local volunteers which often develop into long-term friendships.

**Overseas volunteers** help support our staff teams in providing an active, involving and stimulating environment for our residents. Through our overseas volunteers, disabled people in our care homes are able to access their local community services and social opportunities more easily and regularly, thus improving their independence and quality of life. This means that in their roles overseas volunteers are engaging in a wide range of activities both inside and outside the home.

**Volunteers** may be required to accompany residents on activity weekends and short holidays, as well as providing support to those service users who have regular work, education or volunteering commitments. Volunteers will support groups of people with art and craft, gardening, cooking, exercise and social clubs and outings. While it is a lot of fun going out with residents, it is also very challenging as volunteers experience first hand the issues faced by people with disabilities everyday.

**Overseas volunteers** will be expected to volunteer 35 hours within a week. They will be entitled to 2 days off. These may not necessarily be at the weekend or consecutive. There can be a greater requirement for volunteering at the weekends to attend sporting events and other activities.

## What opportunities can I expect for training & skills development?

**Training is provided** to all our volunteers including specific information about each person receiving direct support. This information is likely to include individual support needs, interests, likes and dislikes, etc. Risk assessments ensure that volunteers are not asked to contribute outside of their capability or boundaries.

**Volunteers acquire a range of knowledge**, skills and experience including a greater understanding of the issues affecting disabled people. There will also be an opportunity to learn about the wider activities of the charity, for example our campaigning/lobbying activities and fundraising events.

## Fethneys

**We are based in the seaside town of Worthing** which has a good range of shops, restaurants and pubs. There's an accessible swimming pool and gym just round the corner which all our residents are members of. We are also just a short distance from Brighton which is a great place for days or nights out.

## Expectations & Accommodation

**Volunteers are expected** to comply with Leonard Cheshire policy & procedures & codes of conduct. Failure to comply with this could result in the programme being terminated. Volunteers will not be assisting with feeding, taking part in personal care, or doing domestic activities for the services.

Volunteers are expected to behave in a socially responsible way, and in consideration to fellow volunteers and residents.

**The accommodation** provided is an apartment a few minutes away with public transport. Each volunteer has their own bedroom, shared communal lounge, fully fitted kitchen with laundry facilities and bathroom. All bedding is supplied.

**This is a year-long placement** and volunteers are expected to commit to the service for the whole duration of their project.

## Service Users

**We provide support and rehabilitation** for people with acquired brain injuries and severe physical disabilities. We are a transitional home – a typical stay could range from anything from a few months to a few years, depending on your needs. Some of the people who stay here go on to live in their own accommodation with support.

Each service operates on a Person Centred Planning (PCP) basis and therefore the input of service users is essential when arranging the EVS timetable.

## Volunteer Profile

**It is important** that the volunteers are eager to learn and have an interest in working with people with disability. It can be demanding and emotionally difficult to support people and will require patience, empathy, understanding and confidence. It is therefore an advantage if the volunteers have some experience with and/or exposure to disability prior to their placement so they have better idea of what to expect.

**It is essential** that the volunteers have a sufficient grasp of English to carry out a conversation, read and understand policies & procedures and follow basic instructions. It is particularly important that from a health and safety perspective, we can ensure that volunteers follow all procedures in place for their own and service users' safety.

**It is helpful** if volunteers have interests they are willing to share with the residents and staff through activities and one-to-one conversations. Furthermore, we are looking for volunteers with a proactive attitude, and willingness try new activities and encourage residents to do the same.

## Activities

**EVS volunteers** will support our staff teams in providing an active and stimulating environment for adults with learning disabilities, which will ensure that they can fulfill their long-term personal goals in accordance with the person-centered plan. EVS volunteers will support disabled people at Fethneys to access their local community, its services and social opportunities, more easily and regularly, as well as supporting them to do activities, thus improving their confidence, independence and quality of life. We strongly believe in being a learning and mentoring service, and would like the opportunity to host people to allow them to develop new experiences within their lives.

If you have any questions, please do not hesitate to contact me.

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