



Keep In Touch Caller (KIT)

Organisation: Saltbox Carelink Service

Location: Home-based role

Area of interest: Supporting Older People – 65+

Number of Volunteers required: 15

Description:

Carelink, is an over 65's service providing regularly telephone befriending calls and other interventions to help our clients feel less lonely and isolated, improved physical health and mental wellbeing and, supporting people to live independently.

We support 300 clients, and rely on our volunteers to deliver our service.

Our KIT volunteers provide weekly scheduled phone calls to older people with a view to offering...

- A professional friendship
- A listening ear
- Taking their mind off their troubles for a short time by providing respite by chatting about topics of interest to them

The volunteers can make their calls from home or from our recently updated office in Hanley.

We are looking for volunteers aged 18 plus who can bring some light and happiness to older people in our communities – is this you?

Are you willing to give a minimum of 2 hours a week to making someone else's day brighter? Our clients tell us that their weekly call lets them know that someone cares, they can get access to help and support to prevent an emergency or crisis and they are a valued member of our society.

We require that you attend a short training session of 2-3 hours either in one or a couple of sessions, in person or via Zoom and able to commit to providing a minimum of 2 hours per week for no less than 6 months.

You will need to have an enhanced DBS check, which we will arrange and fund. Any travel expenses you may incur will be reimbursed in line with procedures.

Contact: carelink@saltbox.org.uk 01782 810320 ext 2

Chatty Café Assistant

Organisation: Saltbox Carelink Service

Location: Burslem; Stoke; Hanley; (Meir; Biddulph; Newcastle)

Area of interest: Supporting Older people – 65+

Number of Volunteers required: 18

Description:

Carelink, is an over 65's service providing regularly telephone befriending calls and other interventions to help our clients feel less lonely and isolated, improved physical health and mental wellbeing and, supporting people to live independently.

We support 300 clients, and rely on our volunteers to deliver our service.

We are looking for people with a range of different skills as there are a variety of volunteer roles available to support our Chatty Café Social Groups...

- Activity leaders or assistants
- Refreshment preparers and servers
- Drivers and/or chaperones
- Mentors / Befrienders

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We require that you attend a short training session of 2-3 hours either in one or a couple of sessions, in person or via Zoom and able to commit to providing a minimum of 2 hours per week for no less than 6 months.

You will need to have an enhanced DBS check, which we will arrange and fund. Any travel expenses you may incur will be reimbursed in line with procedures.

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KOKU Digital Exercise Assistant

Organisation: Saltbox Carelink Service

Location: Hanley

Area of interest: Supporting Older People – 65+

Number of Volunteers required: 3

Description:

Carelink serves to tackle loneliness and improve the health and wellbeing in our aging community. During lockdown we noticed the decline in mobility and mental health of many of our clients due to not doing usual activities. We linked with Dr Emma Stanmore, Manchester University and are now providing KOKU – Keep On Keep Up – falls prevention app.

KOKU is an award winning, NHS approved App which enables older adults to access a tailored evidence-based strength and balance exercise programme to prevent functional decline and falls.

We are looking for volunteers aged 18 plus with a range of different skills as there are a variety of volunteer roles available to support our KOKU Digital Exercise Programme...

- Mentors / Motivators
- Refreshment preparers and servers
- Drivers and/or chaperones
- Option to support via the 2hour weekly group session or visiting the client in their own home for face to face support

We are looking for volunteers aged 18 plus who can bring some health and happiness to the older people in our communities.

- Are you interested about making fitness fun and enjoyable?
- Do you have a passion for helping to keep older people active and improve their lives through health and fitness?
- Could you motivate and support our clients using KOKU?
- Our sessions are a great way for clients to increase flexibility, strengthen muscles and improve their overall fitness, alongside the opportunity to socialise and meet new people.

Could you support the safe, effective and enjoyable group sessions to clients of various fitness and mobility levels?

If you are approachable, friendly, dedicated and passionate about fitness and changing lives - this role is for you!

Sessions usually last 2 hours but there may be some preparation or clearing away time involved.

We require that you attend a short training session 2-3 hours either in one or couple of sessions, in person or via Zoom and able to commit to providing 2 hours per week for a minimum period of 3 months.

You will need to have an enhanced DBS check, which we will arrange and fund. Any travel and pre-approved out of pocket expenses you may incur will be reimbursed in line with procedures.

Contact: carelink@saltbox.org.uk 01782 810320 ext 2

Connect Club Digital Support

Organisation: Saltbox Carelink Service

Location: Hanley

Area of interest: Supporting Older People – 65+

Number of Volunteers required: 20

Description:

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Connect Club is our monthly digital skills inclusion workshop. Our vision is to help older people feel digitally included by inspiring and upskilling them in modern technology.

We are looking for volunteers aged 18 plus who can help us provide one-to-one digital support either in our group session (Connect Club) or via visiting the client in their own home – is this you?

Our aim is to improve their quality of life:

- Increasing methods of communication; using a mobile phone to FaceTime family and friends, text, email, zoom and photography ... there are endless opportunities!
- Increasing their entertainment options; getting the most from internet TV channels; Virtual Reality and other gaming, Alexa...
- Increasing & ensuring their safety: sensors and alarms for dementia, epilepsy and sensory impairment; door cameras and surveillance; staying safe online, how to spot threats online...
- Improving Independence: smart plugs and light bulbs to operate from an armchair, Alexa and echo dot for medication reminders, shopping lists, music and fun, blood pressure, sleep and other health monitoring, understanding how to use the microwave or washer...

We are also hoping to find people to help us develop our website and social media to make it more interactive and accessible enabling us drive our service forward with the aid of technology. If you have more advanced skills and a little spare time to help us, please get in touch.

We require that you attend a short training session of 2-3 hours either in one or a couple of sessions, in person or via Zoom and able to commit to providing a minimum of 2 hours per week for no less than 6 months.

You will need to have an enhanced DBS check, which we will arrange and fund. Any travel expenses you may incur will be reimbursed in line with procedures.

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Face to Face Supporter

Organisation: Saltbox Carelink Service

Location: Hanley

Area of interest: Supporting Older People – 65+

Number of Volunteers required: 20

Description:

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We are looking for volunteers aged 18 plus would be interested in visiting an older person in their own home for a cuppa and a chat or accompanying them to an activity eg Chatty Café, community activities and groups, to reduce their loneliness and isolation. ***Is this you?***

Please note: all clients will have previously been in contact with Carelink staff to agree what support is needed and if there are any concerns.

We require that you attend a short training session of 2-3 hours either in one or a couple of sessions, in person or via Zoom and able to commit to providing a minimum of 2 hours per week for no less than 6 months.

You will need to have an enhanced DBS check, which we will arrange and fund. Any travel and pre-approved out of pocket expenses you may incur will be reimbursed in line with procedures.

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Volunteer Drivers

Organisation: Saltbox Carelink Service

Location: Hanley

Area of interest: Supporting Older People – 65+

Number of Volunteers required: 20

Description:

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We are looking for volunteers aged 18 plus who can provide door to door transport for people having difficulty accessing public transport independently and, without your help, would not be able to attend the social and support activities that they need to reduce loneliness and isolation.

The number of hours required would be flexible and mileage will be paid to all volunteers.

Our Volunteer Drivers need a clean driving licence, access to your own vehicle with an up-to-date MOT, Insurance & Tax certificate.

You will need to have an enhanced DBS check, which we will arrange and fund.

We are also looking for people to drive our People Carrier which requires that you have a licence that permits you to carry up to 8 passengers plus yourself. If this is you then please get in touch.

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Volunteer Admin

Organisation: Saltbox Carelink Service

Location: Hanley

Area of interest: Supporting Older People – 65+

Number of Volunteers required: 4

Description:

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Volunteer Admin support could include:

- Scanning and digitising of evidence and updating relevant databases and files
- Answering the telephone
- Entering information onto databases
- Booking appointments
- Laminating and shredding

We require that you attend a short training session of 2-3 hours either in one or a couple of sessions, in person or via Zoom and able to commit to providing a minimum of 2 hours per week for no less than 6 months.

You will need to have an enhanced DBS check, which we will arrange and fund.

Any travel and pre-approved out of pocket expenses you may incur will be reimbursed in line with procedures.

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