

Become a Care Home Volunteer - Together we can make a difference



'Tell Me More' cards

- Help to lead a group activity

Being a care home volunteer is a rewarding role, helping as part of a warm and friendly environment. There are many personal benefits to yourself as well as to residents and the care home staff.

"It was a good feeling to be able to assist the Home in this important activity - important for residents and visitors. The feeling of doing something useful in my community." Care home Volunteer

What will you do?

- Work with the Age Cymru art practitioner and care home Activity Coordinator to create a themed project
- Help conversation come to life using the Age Cymru using the

What is not required: Volunteers are not required to offer personal care services for residents.

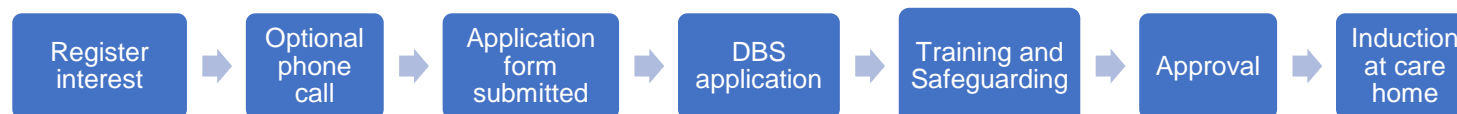
Who is involved?

Care Homes in Gwent, Gwynedd, Pembrokeshire and Rhondda Cynon Taf

What can you gain?

- Core skills for employability and CV enhancement
- Communication skills
- A sense of well being
- Meet new and enthusiastic people
- Develop personal skills and teamwork
- **Time Credits:** this is a way of recognising the amazing things people do in their communities. Everyone's time is worth the same with Time Credits, and as well as spending them yourself you can take friends or family with you or give them some of your Time Credits to spend themselves. More details can be found by visiting timecredits.com

How does it work?



I need to know: Will I have training? You'll have training to prepare you for the role

- Dementia awareness and communication skills training
- Safeguarding training covers key aspects of volunteering in a care home including your own health, safety, conduct and welfare

Are there set hours?

- You can spend as much or little time as available, however, a regular pattern benefits both you and the care home



Do I need a DBS?

Care homes generally require DBS, you'll be advised on the process

How will I be introduced to the care home?

- An induction at the care home to welcome and support you during your visit
- Your key contact at the care home will assist with any questions or concerns

Will I have any resources?

Age Cymru 'Tell Me More' conversation cards and game will be provided

This is a bilingual resource, you will be trained on this activity. Other resources for activities are usually provided by the care home



I'm interested! What do I do next?

Register your interest at carehomevolunteer@age.cymru.org.uk

We'll contact you within five working days

agecymru.org.uk/volunteer

**“It's been an absolute privilege to have our volunteer at the home. It really helped -that took a lot of pressure off us.
We would love more volunteers to support activities in the home.”
Care home manager**

Age Cymru is a registered charity 1128436. Company limited by guarantee and registered in Wales and England 6837284.
Registered office address Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff CF24 5TD. © Age Cymru 2023