

volunteer voices

Your news bulletin from KMPT Voluntary services

Welcome to Volunteer Voices...

This is your September edition, coming to you from KMPT's Voluntary services team.

As we move into Autumn more of our services are starting to welcome volunteers back (some with adaptations), and we are making sure that we are adhering to social distancing rules and government guidance to ensure the safety and wellbeing of all of our volunteers, staff and patients. We are so lucky to have all of you supporting us and continuing to help with various projects around the Trust. You are all amazing.

Speaking of amazing, we have opened nominations for our KMPT Awards 2020. We have a special award dedicated to volunteers (Volunteer of the Year). Encourage your colleagues, friends and family to nominate and of course don't miss out on your chance to nominate a fellow volunteer who you think has gone the extra mile this year. There are lots of other awards you can nominate people for (more information below) so take a look at the criteria and get nominating!

Don't forget to keep sending us your stories - we love hearing about your hidden talents, hobbies and creative outlets, so please email us anything exciting or interesting you've been up to so we can share far and wide.

Thank you again for your continuing support - you are all brilliant and we can't wait to have all of you back in our services again. In the meantime, keep in touch and get involved with the opportunities that are still available.

Clothes donations

In February, our offices in Canterbury moved from the old offices in St Martin's Hospital to the Eastern and coastal area offices just down the road. We had only been in our new office for three weeks when COVID-19 descended upon us. At our new offices, we have two large cupboards that house donated clothes for patients on our wards if they need them. We were ready to resume this service but were informed by our fabulous infection control team that the clothes could not be made available to patients unless they had been washed at 60 degrees, ironed and bagged.

So, we started thinking of a way we could continue offering this service and make sure these requirements were met. We contacted our volunteers to see if anyone was willing to use their washing machine for a load if we provided the washing powder and softener with deliveries arranged by our volunteer drivers. We had an amazing response! Clothes are now being washed, folded, bagged and labelled so this brilliant service can be resumed.

Zoe, our Voluntary services co-ordinator (east Kent), managed to source individual clothing bags kindly donated by the Fred Perry store at the designer outlet in Ashford.

A big thank you to Geoff, Alice, Sandra, Lorraine, Claire and Jane for their care and dedication. Thanks also go to Norman and Jack, two of our amazing volunteer drivers who also stepped up.



Your 'home from hospital' volunteering opportunity

We are excited to share with you our new volunteering role! We have been thinking about introducing this role for a while, but COVID-19 has made us see the true value in developing this and other new volunteering opportunities.

When patients are discharged, they often go back to an empty house and can feel quite lonely and isolated. This, naturally, can cause a relapse of symptoms. We are therefore looking for people to become 'home from hospital' volunteers.

You will visit the patient whilst they are on a ward for a couple of weeks before they are discharged. This will help you build a friendship with each other which will help you both when they are discharged. This is when you will be able to visit them at home and in their community to help them with small tasks, go to medical appointments, get out to support groups or simply enjoy a cup of coffee together. It may also involve helping them cook simple meals. Anything that will help them lead an independent life and build their confidence.

You would be a befriender for the client for approximately three months - it is important they do not become dependent upon support and can lead an independent life, so this time limit is important.

If this is something you would like to be part of then email us on kmpt.voluntaryservices@nhs.net

NHS volunteer responders

After retiring from his job as a local government officer for Canterbury City Council in January 2019, Richard was approached by one of his wife's friends (who belongs to the East Kent Forget-Me-Nots group) who asked if he would like to become a volunteer driver for the group. The Forget-Me-Nots is a group for people with a diagnosis of dementia who, alongside KMPT, try to challenge stigma and offers support to like-minded people.

Richard met with Clare Streeter, Dementia empowerment liaison volunteer, to go through the appropriate checks to become an accredited volunteer. Unfortunately, he was only able to pick up and drive one of the members from her home to one meeting before COVID-19 struck. During the pandemic he continued to volunteer as a delivery driver delivering food parcels to patients.

Separate to his volunteer role at KMPT, Richard has also been helping friends that are shielding with their weekly shop during the pandemic. He's been kind enough to take out one of his friends, who is partially sighted, for a coffee once a week to make sure they are not feeling isolated or lonely.

Richard also volunteers as a litter picker at Reculver Country Park in Herne Bay and would recommend people becoming a volunteer if they have the time.

Want to know more about volunteering? Give us a call on 01622 723210.



KMPT Awards 2020!

We have officially launched the KMPT Awards 2020! This year, the awards will be held virtually on Thursday 3 December, and they promise to be bigger and better than ever!

It's been a difficult year for everyone and we know that so many brilliant people have been working tirelessly throughout COVID-19 and beyond. A great deal of work has contributed to inspiring change across the Trust and we are looking forward to seeing all this work improve the experiences of our patients and their loved ones.

These awards celebrate the work of staff, patients, carers, volunteers and our partners. Working together, we will continue to make a change.

This year we have 19 award categories, including some new awards - Administrator of the Year, Digital Inspiration, Year of the Nurse and Lifelong Achievement.

To mark the Year of the Nurse, we are going to have a special category to recognise and celebrate a member of the nursing team who is truly remarkable and embodies our KMPT values. We have also added the Administrator of the Year, an award dedicated to identifying an administrator who consistently goes above and beyond in their role. Plus the Digital Inspiration Award is destined for a person or team who has developed and embedded the use of new or existing technologies into their service to improve services and efficiency.

Our final new category is for Lifelong Achievement, an award which provides us with the opportunity to highlight the life's work of one of our current or past employees. Someone who has shown true dedication to the NHS and their field of expertise.

Nominations are open so please [visit our website](#) for the full criteria and nomination form. If you need any help completing your nomination, please contact: kmpt.communications@nhs.net.

[Nominate now](#)

There's more!

We are increasing the number of volunteering opportunities and need your help to find some amazing people to join our volunteering family.

We are currently recruiting for volunteer drivers to help transport patients, family, and carers across the county.

Where possible, we like to use the same driver for regular journeys because this helps build relationships between driver and passenger. This helps with anxiety and stress some of our patients may experience but also allows our volunteer drivers to get to know those they are helping.

Being a volunteer driver is a great way of meeting new people, making new friends and really making a difference to people's lives. In return we pay your mileage at 45p per mile, so it can be a good way of supplementing your income. Journeys can be short or long, depending on your preference, and you are asked to drive your own vehicle.

This service is dearly valued by our patients because it helps keep families together whilst they are under our care.

We are also looking for a budding gardener at Webb's Garden at our Eastern and coastal site in Canterbury. This person will need to have leadership and/or supervisory skills as they will be required to lead, guide and supervise a small team of dedicated volunteers. You will be a keyholder to the secluded garden, delegate specific gardening tasks, liaise with our existing lead volunteers and ensure safety requirements are met.

If you are interested in either role, please contact Voluntary services: kmpt.voluntaryservices@nhs.net or 01622 723210



[Find out more about our volunteering opportunities](#)



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Kent and Medway NHS and Social Care Partnership Trust, Farm Villa, Hermitage Lane, Maidstone, Kent, ME16 9PH

We'd love to hear what you think.

If you have any feedback about econnect that you would like to share, please contact the communications team at kmpt.communications@nhs.net

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