

Buddy

Volunteer role description

Buddy volunteers will act as 'befrienders', providing valuable social interaction for young people and children who may be feeling isolated bored and lonely on the wards. Under the guidance of the play specialist the Buddies will encourage young people to take part in activities with others, meet social and emotional needs of the young person and generally be 'good company'. The Buddy role will allow freedom of choice, foster creativity, divert patients from stress and worry, and normalise their environment. On occasion, volunteers may escort patients to other locations outside of the hospital for special programmes or activities.

Time commitment:

One four hour session per week at a time to suit the volunteer. Volunteers must be flexible with time, being prepared to buddy at different hours and on different days, dependant on the needs of the patient

Key tasks:

- To be guided by the play specialist on appropriate activities for patients
- To build up a relationship with patients so that they are confident and comfortable talking to you
- Provide bedside activities and support where necessary
- To take part in and suggest interesting and fun activities that patients can do – this may also include activities outside the hospital
- To support patients who would like to talk to you about issues they may be experiencing
- Alert supervisory staff to any issues of concern
- Complete project administration and contribute to ideas to develop the role

Desired skills and experience:

- Like working with young people
- Cheerful, fun and outgoing
- Available at least once a week
- Reliable and trustworthy
- Good listening skills
- Sensitive

Volunteering with us offers an opportunity to:

- Volunteer in one of the most famous children's hospital in the world
- Improve the lives of young people
- Experience a professional environment
- Gain practical experience working with sick and disabled young people.

You will also develop practical skills in:

- Mentoring and befriending
- Problem solving
- Communication skills
- Motivation
- Recognition of your own skills and strengths
- Increased responsibility

We will provide:

- Supervision and support from a dedicated member of staff at Great Ormond Street Hospital (GOSH).
- Induction to GOSH
- Specific training for the role and Local induction to the ward or department
- Ongoing updates and information
- Reimbursement of travel expenses (maximum of zone 6 return journey)
- A meal allowance of £2.50
- References can be provided after six months of volunteering