

Meet some of our volunteers video transcript

0:00:03.795,0:00:04.280

[Music]

0:00:04.280,0:00:12.960

We've got over 118 volunteers working across our site and a huge variety of roles we are

0:00:12.960,0:00:18.760

very grateful and proud of our volunteers they are indeed the very best team this

0:00:18.760,0:00:26.000

year um they've been royally appreciated they were awarded the Queen's Award for

0:00:26.000,0:00:32.720

voluntary services this is award which is given outstanding achievements and groups of

0:00:32.720,0:00:39.320

volunteers who regularly donate their time skills and energy for the benefit of

0:00:39.320,0:00:48.040

others and we're very proud of them and it is justifiably so that they won this award

0:00:48.040,0:00:53.640

and so I'd like to say thank you to all the volunteers we're very very happy to support

0:00:53.640,0:01:02.440

them my role as a volunteer before any of this happened before the Coronavirus kicked in was

0:01:02.440,0:01:09.320

to walk Bella around the West Berkshire Community Hospital Ward, she was a therapy dog when COVID

0:01:09.320,0:01:16.160

came everything stopped all the therapy work stopped but then I volunteered to become

0:01:16.160,0:01:22.920

a delivery driver and I started off with some medicines and then I worked for West Call which was

0:01:22.920,0:01:29.920

dealing with all the PPE stations and started delivering PPE gear to them as well

0:01:31.840,0:01:39.240

my role as a volunteer is that I work a volunteer at Prospect Park Hospital working with different

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occupational therapists in the team and seeing how they um what kind of activities they choose

0:01:45.120,0:01:50.880

for the patient what they do we've also been out for little walks in the grounds has taken

0:01:50.880,0:01:56.760

the patients if they're at the right stage to the nearby supermarket so they can actually

0:01:56.760,0:02:03.040

get used to choosing items um buying them paying

for them and walking back just helping them get

0:02:03.040,0:02:08.880

back into daily life you know after their spam in hospital I introduced a new activity I spoke

0:02:08.880,0:02:14.880

about it with the OT team and it was called the Tava turtle or magic table something I'd read about

0:02:14.880,0:02:21.000

for dementia patients and it was really great that they actually eventually did actually

0:02:21.000,0:02:28.720

Implement that and that's now being used there in one of the the dementia ward at the hospital my role

0:02:28.720,0:02:37.240

as a volunteer was to uh help run groups for the Opportunity Recovery College in Maidenhead those groups were

0:02:37.240,0:02:43.240

for people who were suffering with poor mental health in the local community and we covered everything

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like craft days a creative writing how to get good night sleep and everyone really seemed to

0:02:50.320,0:02:58.840

enjoy the [Music] groups I co lead a team that maintains and de develops the therapy garden at

0:02:58.840,0:03:07.000

West Berkshire Community Hospital and I've been doing this now for 7 years our church was looking

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for a project in the community that we thought we might be able to do something really useful in and

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the matron told us about the piece of land that they had at the hospital which had been designed to be a

0:03:17.360,0:03:22.160

therapy garden but they hadn't been able to find anybody to maintain or develop it and over this

0:03:22.160,0:03:28.440

period of seven years we've been able to design this garden and divide it into areas recently

0:03:28.440,0:03:33.720

we've set up a rainbow garden because two of the Palliative Care Suites at the hospital overlook the

0:03:33.720,0:03:42.520

bins which was very upsetting for the staff I'm a volunteer at West Berkshire Community Hospital my husband

0:03:42.520,0:03:48.080

was in the hospital in Donington Ward for 3 months and I was going backwards and forwards daily to

0:03:48.080,0:03:53.400

see him and there were other men in the ward that didn't get visitors and if Bert was asleep that was my

0:03:53.400,0:03:59.840

husband was asleep I go and talk to them and they used to say to Bert is your wife coming today because

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they didn't get visitors so I go and talk to them
and that's how that started but I was also going

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backwards and forward cause I had an operation on
my foot and when I was this was after my husband

0:04:09.520,0:04:16.480

died and one of the nurses said to me I've
been asked if I saw you again if you do some

0:04:16.480,0:04:22.200

voluntary work here what can I do I said I've been
a secretary all my life I said I can't see now I'm

0:04:22.200,0:04:28.120

blind they said no we've understood that but we
want you to go and talk to patients I said but I

0:04:28.120,0:04:31.600

thought you were going to say take the tea
trolley orund I said cause if I was going to do that

0:04:31.600,0:04:36.280

send somebody with a bucket of water behind me
cause you need to mop it all up it was suggested

0:04:36.280,0:04:42.640

that I did a couple of months to see how it got on
four years time I was still there and the reason

0:04:42.640,0:04:50.520

I wanted to do volunteer work is because being an
ex suffer of mental health myself I found that

0:04:50.520,0:05:02.040

helping other people helped me as well so I guess
you could say that I found a way forward for me

0:05:02.040,0:05:09.480

through helping others I really enjoy it because
I like meeting different people and there is a

0:05:09.480,0:05:15.800

there's a real sense of achievement as well when
you get a feedback for back and someone says I

0:05:15.800,0:05:21.360

really enjoyed the course and they really got
something out of it that's a real plus I wanted

0:05:21.360,0:05:28.160

to become a volunteer um in a healthcare setting for a few reasons I'd lost my um parents and

0:05:28.160,0:05:33.520

it was just something that I felt was quite good
to give something back I've really enjoyed being

0:05:33.520,0:05:40.000

a volunteer in the different activities I've
done and I think it meant something to try

0:05:40.000,0:05:46.160

and help people directly what made me decide
to become a volunteer was basically my wife

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was diagnosed with cancer back in 2013 um she
had pancreatic cancer and unfortunately in 2016

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she passed away but it's the help that
other people gave her and me during this time

0:06:01.160,0:06:06.160

and it was at the Duchess of Kent hospice where she spent her last couple of weeks and I always

0:06:06.160,0:06:11.760

took Bella in who's the obviously my dog and they said that she would make an excellent therapy

0:06:11.760,0:06:17.920

dog I would say to anyone who's thinking about volunteering give it a go just give it a go we

0:06:17.920,0:06:23.880

have a very diverse team of people and we just love being together and we've gained so much from

0:06:23.880,0:06:29.920

our friendships with one another just do it it's so rewarding you'll never ever regret doing it

0:06:29.920,0:06:36.120

I really can't understand why this is a much after because there's reward enough from the patients

0:06:36.120,0:06:42.520

they're lovely anyone who's thinking about being a volunteer I can only highly recommend

0:06:42.520,0:06:51.400

it because it doesn't just help people that you're volunteering and helping it helps you as a person

0:06:51.400,0:06:59.720

helps you grow helps you give you confidence and it just makes you feel really proud that your

0:06:59.720,0:07:05.360

giving something back to the community and it's
such a good feeling to be a volunteer I think

0:07:05.360,0:07:18.520

it's probably the best thing I ever did and
anyone thinking about it i' just say go for it

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[Music]