

Expression of interest in becoming a volunteer at Burwood Hospital

Name _____

Date of Birth _____

Address _____

Telephone Hm _____

Wk _____

Email _____

What skills & experience could you bring to Burwood?

What activities would you prefer to be involved with?

Post to:
The Co-ordinator, *Useful People*, Allan Bean Centre
Private Bag 4708, Christchurch

You will be contacted and asked to attend an interview as part of an application process. Training, support and supervision will be provided as and when required.

What do I get in return

What you get out will depend on what you put in!

As a volunteer there are many potential benefits when you give some of your time to help others:

- The satisfaction of making a valuable contribution without the stresses of full time work
- The opportunity to have your maturity and experience appreciated
- The freedom to select your own working timetable
- The chance to meet new people
- The stimulation of keeping your mind active and using your skills or learning new ones
- The opportunity to use volunteering as a way back into employment

Will a disability stop me volunteering?

No! There's a wide range of opportunities open to you, so it's up to you to find one that you like and one you know you can do.

We are pleased to accommodate special needs.



Lottery Grants Board



2001 International Year of Volunteers

Provided with help from the NZ Lottery Grants Board and thanks also to Lotto players



usefulpeople



VOLUNTEERS ON THE BURWOOD HOSPITAL CAMPUS

Te Whare Toa Takitini

HOW TO CONTACT US

The Co-ordinator
Useful People
Allan Bean Centre
Private Bag 4708
Christchurch
Phone 383 9499
Fax 383 9582
Email usefulpeople@burwood.org.nz



Welcome – Kia Ora

Do you have some free time and want to do something interesting with it?

Have you ever thought about volunteering?

Who can be a volunteer at Burwood?

Anyone can apply. A volunteer is someone who gives time to help others.

Why would I want to volunteer?

- Meet new people
- Try something new
- Share technical and professional skills
- Get work experience
- Help in your local community
- Support our work at Burwood with people recovering from brain injury, respiratory and heart disorders, bone and joint surgery, spinal injury, elderly people, children with disabilities

What would I be asked to give?

Time – as little as two hours a week.

Enthusiasm and interest

Commitment – once you've decided to help, we have to be able to rely on you, like other staff.

What might I be doing?

Useful People (UP) offers a range of opportunities for volunteers at Burwood. You can select an activity that suits you and that you enjoy.

- social & supportive roles in the wards
- assisting in the Allan Bean Centre library
- taking the library trolley round the wards to patients
- assisting with clerical activities
- designing and servicing technical aids for people with disabilities
- assisting the joinery and furniture workshop manager with rehabilitation projects.
- escorting patients on outings
- helping with patients' recreational activities
- "adopt a garden" in the hospital grounds
- helping maintain native bush walks in the hospital grounds
- assisting in the robinia nursery – hoeing, planting, pruning and other activities

How do I get started?

Before you approach anyone about volunteering it's a good idea to think about the following questions:

- What interests me and what can I offer?
- Do I want to work inside or outside?
- Do I enjoy working on my own or prefer to be part of a group?
- How much time can I give and how often?
- Do I want to volunteer in the daytime, evenings, or at weekends?
- What skills and experiences do I already have?
- What new skills do I want to develop?
- What do I want to get from the organisation in return for my time? – Work experience? Training? Support? New friends? Sense of achievement?

What sort of people are we looking for to be volunteers at Burwood Hospital?

All sorts!

- People with time to spare, whatever stage you are at in your life, working or not
- People with experience in areas such as information technology; library work; caring professions; engineering; woodwork; gardening; office routines, accountancy; marketing; fundraising
- People who are good listeners
- People who can encourage recreational activities
- People interested in teaching arts & crafts
- People who can offer peer support
- People who can make a regular commitment (2-4 hours a week)
- People between jobs or seeking to return to work
- Retired people who have mature experience to pass on to others
- People who want a sense of purpose and structure to life after work
- People who want to make a difference to a worthwhile cause
- People who can offer their time during the weekends

We hope this pamphlet will encourage you to consider becoming a volunteer at Burwood. If you decide to go ahead, complete the "Expression of Interest" form and return it to us.