

VOLUNTEER UPDATE



20TH APRIL 2020

NOTTINGHAMSHIRE HEALTHCARE UPDATE

IEV TEAM UPDATE

VOLUNTEERING - NATIONAL, COUNTY & CITY

WELLBEING & COMMUNITY

Keeping in touch with volunteers

This is the fifth update newsletter we've sent out. Previous updates are being uploaded onto our website, you can find them [here](#).

This photo of a Hungry Robin at Attenborough Nature Reserve was taken by Jane Danforth.

The best way to get up to date information is still via our website:

involve.nottshc.nhs.uk

We're regularly posting on social media too:

Instagram: [@involvenotthc](https://www.instagram.com/involvenotthc)

Twitter: [@involvenottshc](https://twitter.com/involvenottshc)

Trust Update

John Brewin has been sending out regular email updates to all staff. These are a few highlights from the past week:

Patient Discharge

A member of the team at Forest Ward, Lings Bar Hospital, has shared news of their first patient to be discharged following recovery from Covid-19. John writes, "I am so proud of the whole team who made possible, not just the clinicians, but colleagues in therapy, cleaning, housekeeping and admin. I know this teamwork is happening in all areas across the Trust – it really does make a difference."

PPE supplies

The Procurement Team has been working hard to ensure all areas should have the PPE they need for the weekends. PPE stores will be managed by volunteers and the team will be using volunteer drivers over the weekend so PPE stock and deliveries are only being requested in an emergency.

Radio coverage

Anne-Maria Newham, Executive Director of Nursing, AHPs and Quality was interviewed on BBC Radio Nottingham last week about how people can support their mental health and wellbeing in this extended lockdown. You can listen again here: [socsi.in/ipZQ1](https://www.socsi.in/ipZQ1) (from 3.54).

...and finally

Nottinghamshire Healthcare shared [this video](#) via Twitter as a way of thanking staff in conjunction with the weekly #ClapForKeyworkers



Nottinghamshire Healthcare ✓
@NottsHealthcare



We love #ThankYouThursdays, not only can we show our appreciation and #ClapForKeyworkers but we have another chance to say a huge thank you to our fantastic, hardworking staff.

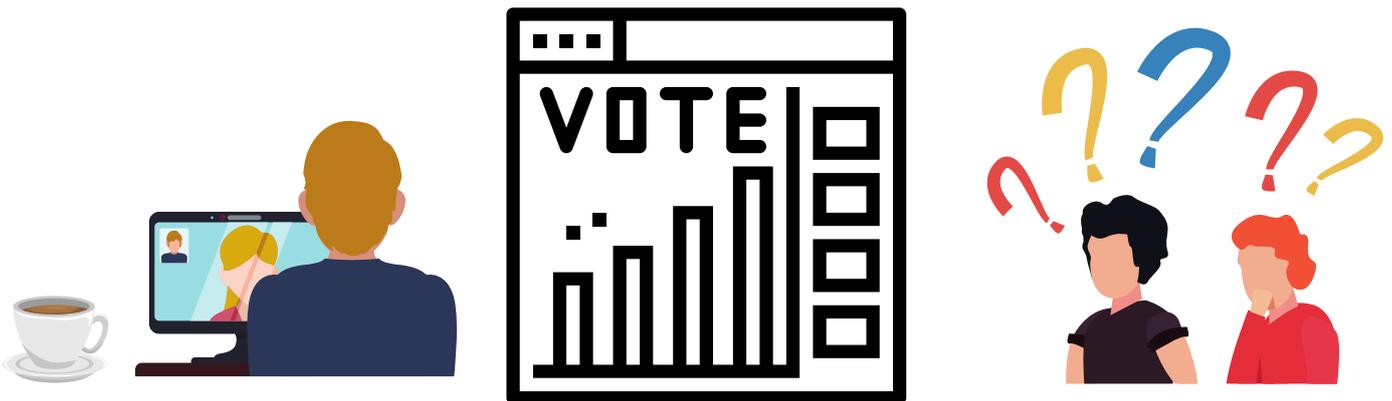
Here's another short video celebrating our very own NHS Heroes #WeAreNottsHC

Involvement Centres & Volunteering

We've been keeping in touch with you by sending out this update newsletter as well as writing blogs and putting updates on our social media pages. We've also been sending out emails, calling people and texting others.

As a team, we've been trying to get our heads together to think of different ways we can connect with our volunteer community and whether any of you would want the opportunity to do something more social, like an online quiz or coffee and chat.

We've put together a really quick online poll for you to have your say if you'd find it useful, and if so, how you'd like us to do it. [We'd really appreciate you taking 30 seconds out to just answer these questions for us.](#) We'll use your responses to influence what we do as a team to continue support you.



You may have missed:



For those of you who aren't on Twitter or Instagram, you'll likely have missed some of the messages and videos we've started to share from the team.

Here are some from last week:

- [Laura on Instagram.](#)
- [Jane on Instagram.](#)
- [Lyndsy on Twitter.](#)
- [Jonathan on Instagram.](#)

Volunteering in Nottinghamshire

As and when new opportunities arise to get involved in Nottinghamshire Healthcare, we'll be in touch with our volunteers to redeploy them to areas of need.



NHS VOLUNTEER RESPONDERS



The Royal Voluntary Service are co-ordinating the Government's request for volunteers to support NHS services nationwide.

Once volunteers are registered, they can log in via an app for one of their roles.

Registration of new volunteers is currently paused, but you can find out more on their website: goodsamapp.org/NHS

Nottinghamshire Coronavirus Community Support Hub is connecting volunteer groups with people in their local area to help with things like access to food or medicine, dog walking, transport, and physical and social wellbeing.

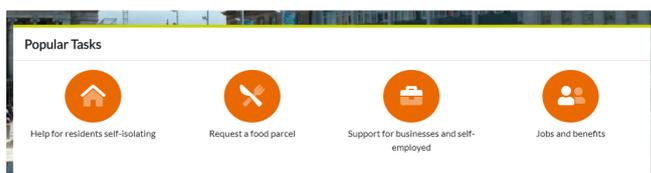


[Take a look at their support hub](#) to find what help is being offered in your area and get the support you need.

The County Council are also keen for volunteers to help support their local communities. You can sign up to their database using a form or telephone helpline to register how you're able to help.

If you're not able to leave the house at the moment, but still want to volunteer, they're keen to set up a telephone befriending service with people who may be able to signpost to support or to help encourage physical wellbeing.

Coronavirus (COVID-19)



Nottingham City Council has a [dedicated Coronavirus section on their website](#) with information for city residents to access help.

They are signposting potential volunteers to [Nottingham Community & Voluntary Service](#).

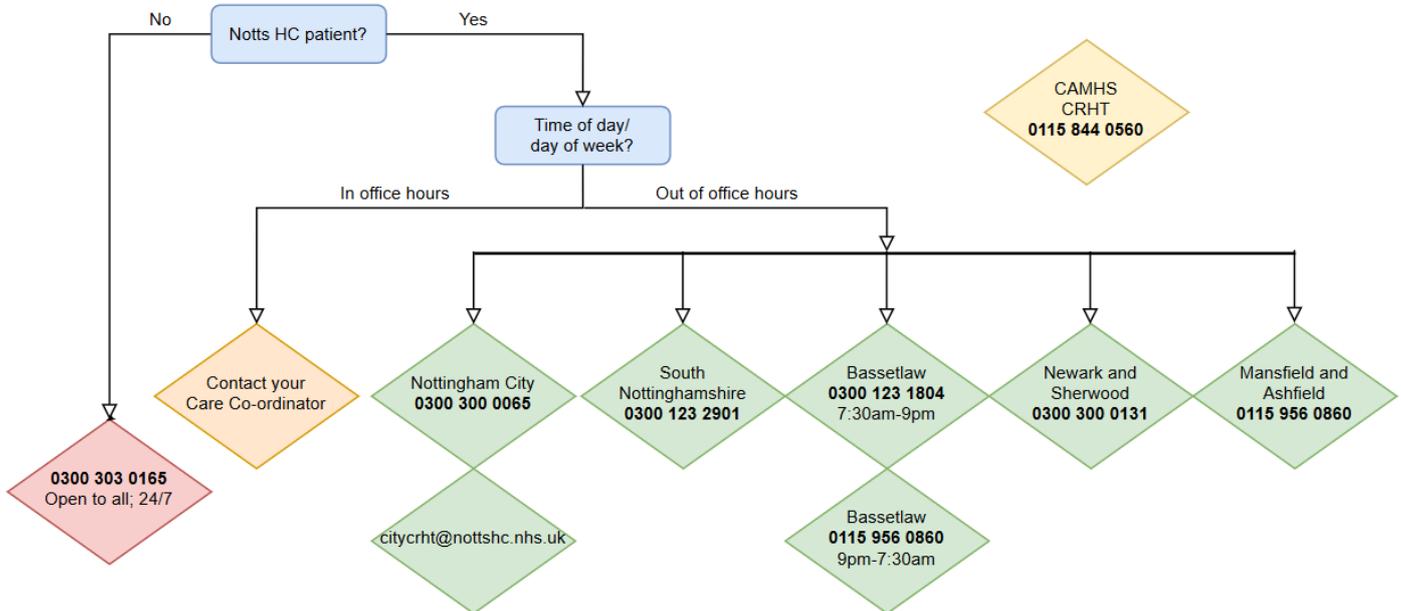
**This page
has been left
intentionally
blank**

Send us things to fill it with for your fellow volunteers.

Volunteering@nottshc.nhs.uk

Sources of help

[Emma Nielsen](#) has shared a useful diagram on Twitter to try and help people identify sources of help if you're in Nottinghamshire and are having a mental health crisis.



The Tomorrow Project

This project is part of Harmless and offers direct support to those in suicide crisis.

They offer:

- A quick response, with referrals being responded to within one working day
- Practical and emotional support
- Regular and direct access to a Crisis Support Officer
- Both face-to-face and remote support sessions
- Available across the whole of Nottinghamshire

To access the service:

- Email crisis@tomorrowproject.org.uk
- Call 0115 880 0282 - please note, we ask that you leave a voice message and a member of the team will respond within one working day

Send us things to share in the next update!



[@InvolveNottsHC](#)



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involve.nottshc.nhs.uk

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