

How can I get involved?

If you would like to get involved with this exciting project and become a Hand in Hand volunteer, please email handinhand@stjohnswinchester.co.uk or call us on 01962 854 226.



Contact Us

St John's Winchester
32 St John's South
The Broadway
Winchester
Hampshire
SO23 9LN
Tel.: 01962 854226
Email: handinhand@stjohnswinchester.co.uk
www.stjohnswinchester.co.uk



ST JOHN'S HAND IN HAND

From compassion to action; helping people, changing lives. Volunteer with us!

What is 'St John's Hand in Hand'?

St John's Hand in Hand is a new wellbeing initiative in Winchester that seeks to assist older people through befriending and support, pointing people in the right direction towards activities and services that they can benefit from and enjoy.

Hand in Hand staff and volunteers may take advantage of a database that we have created with the help of the local community. The database houses relevant resources, events and activities — a digital 'what's on' guide for the local area! We endeavour to keep the database up to date by partnering with others, sharing the information widely.

Our ultimate aim is to make a real difference by providing older people with new social opportunities, empowering them to live full and rich lives.

“Supporting older people in the Winchester community, seeking to improve quality of life and wellbeing by providing a helping hand.”



Key Areas:

- . Befriending
- . Signposting
- . Living Well Plans



Benefits of being a Hand in Hand Volunteer:

- The opportunity to do something that will **really count for a person in need**;
- The chance to **make new friends** among our staff, scheme members and fellow volunteers;
- Being an integral part of the St John's family — our Charity has a great reputation for compassion, dedication and simply getting things done!
- Detailed **induction** and **ongoing training**;
- Strong professional **guidance** and **mutual support** through regular contact with volunteers and staff;
- 'One to one' sessions with our professional team - as you're **part of our community**, we want to support you, listen to your feedback and welcome your suggestions for improvements to our service!
- Reimbursement of expenses;
- Regular **recognition** and **appreciation** of what you do.

Q: What is a 'Scheme Member'?

A: Someone who may benefit from our unique service.

Q: What is 'Befriending'?

A: To become or act as a friend to someone, especially in circumstances where help and support is needed.



Q: What is a 'Living Well Plan'?

A: A Living Well Plan is a discussion between us and the scheme member. It involves us chatting with the individual about what they want to achieve and what support they may require. This conversation will allow us to gain a clear understanding of how we can help.



What do we ask of you?

- **Befriend** our scheme members through companionship and support, with the backing of St John's Hand in Hand staff and third party services;
- Assist our staff to undertake 'Living Well' discussions with potential scheme members;
- Spend **active time with scheme members** in ways that will make a **real difference** in their daily lives, e.g. going to appointments, a walk in the park, taking a scheme member to a club or to the shop;
- Support our staff in keeping our Hand in Hand database up to date;
- Help to organise collective '**get togethers**' of scheme members;
- Participate in volunteers' meetings and **networking**;
- **Lend a hand** to set up a club — potentially run by some of our residents — that is designed to welcome scheme members.

We know that not everyone will want to do everything on this list, so we will try and match needs with your individual skill sets and preferences.

Q: What is 'Signposting'?

A: Identifying appropriate services, events and/or activities on our database and guiding scheme members to them.

