



Hospital Volunteers

We are looking for volunteers to support people who are spending time in hospital, particularly older people and those living with frailty. Many patients are medically ready to move on from hospital care but may still be waiting for the next stage of their journey. During that time, a friendly face, a conversation and some encouragement can make an enormous difference.

Our Focus on Frailty and Discharge Without Delay work recognises that older people can quickly lose confidence, mobility and independence when they spend long periods inactive in hospital. Keeping people connected, engaged and moving safely helps support their wellbeing and recovery.

Our volunteers provide companionship and encouragement to patients who may otherwise spend much of the day alone.

That might mean sitting and chatting, listening to stories and memories, reading together, playing cards or simple games, helping someone stay connected with family, or simply sharing a cup of tea and some conversation. For some patients, volunteers can also encourage them to spend time out of bed and remain active, with guidance from ward staff. The role is not about providing clinical care.

We are looking for people who enjoy spending time with others and who understand the value of a kind word and a listening ear.

You do not need previous healthcare experience. What matters most is a willingness to give a little of your time to support people who may be feeling lonely, anxious or uncertain during their hospital stay.

As a volunteer, you will spend time on the ward with patients who would benefit from companionship and support. Every patient is different. Some may want to chat, some may enjoy a game or a walk along the corridor, and others may simply appreciate having someone sit with them for a while.

You will be supported by staff and given the training and guidance you need to feel confident in the role.

What may feel like a small act to you can have a lasting impact on someone else.

A few hours of your time could help someone feel less isolated, more confident and more like themselves. It could give someone something to look forward to in their day and encourage them to stay active.

Hospital staff work hard to provide excellent clinical care, but volunteers bring something equally important: time, companionship and connection.

For people living with frailty, maintaining confidence, mobility and independence can be crucial to their recovery and their ability to return home safely. By volunteering, you can play a part in helping someone regain those things.

Could you spare a few hours a week to help someone through their hospital stay? We would love to hear from you.

Please note that this post is **not** eligible for sponsorship in line with current Gov.uk guidance. It is **ESSENTIAL** that you have checked that you either already have an appropriate right to work in the UK without the need for sponsorship **BEFORE** submitting any applications. Further information can be found **here**

For an informal discussion, please contact CNM Heather Tulloch on Tel 01595 74 3000,

***Please note this is a local advertisement you must live in Shetland.**

For more information and to apply: <https://shetland.volunteering.nhs.scot/index>

Preferred candidates will be required to join the Protecting Vulnerable Groups (PVG) Scheme or undergo a PVG Scheme update prior to a formal offer of employment being made.

In promoting equal opportunities, we welcome applications from all sections of the community.

