

MTW | Volunteers Newsletter

NHS
Maidstone and
Tunbridge Wells
NHS Trust

April 2022

With the warmer weather hopefully here to stay, it is so good to see so many volunteers donning their polo shirts across the organisation.

A warm welcome to all our new volunteers, it is brilliant to have you onboard and part of our team, and thank you to all our dedicated volunteers who provide such invaluable support across the Trust.

Anne-Marie Stevens-Swain Voluntary Services Manager

A day in the life

Our day in the life series illustrates the different volunteer roles available across both hospital sites and has hopefully provided useful insight about the volunteer roles we offer and how these roles help our patients. Here are a few of our favourites quotes and messages to share with you. If you would like to request back copies of this series, please email mtw-tr.volunteers@nhs.net

"I really feel like I'm making a difference - it's so worthwhile"
Pam

"I absolutely love it (volunteering), thank you for giving me the opportunity to take part in volunteering on such an amazing ward"
Marion

"It's amazing to be able help people as they come in, if they are anxious or nervous. The power that a smile and a cheery wave can have. I worked on the wards in patient support before the COVID-19 pandemic and now volunteer at the welcome desk. It's been incredibly rewarding to be able to help with such a mix of people"
David

Volunteer opportunities

There will be a month-long recruitment drive running from the 11 April to the 11 May.

This campaign aims to attract new volunteers across the Trust, supporting in every area, from wards to gardens, oncology to audiology.

Volunteers week is taking place from 1 to 7 June and we are planning a series of events for staff and volunteers, more details to follow, so watch this space for further information!



Welcoming our furry friends

Our first staff Pets as Therapy (PAT) dog day took place on 5 April in the Wingman wellbeing lounge at Tunbridge Wells Hospital. It was an opportunity for all staff to meet our PAT dogs, talk, play with the pets, enjoy refreshments and to recharge and relax! Further PAT dates are planned soon. PAT is a national charity that enhances the health and wellbeing of thousands of people in communities across the UK. The charity aims to ensure that everyone, no matter their circumstances, has access to the companionship of an animal. [Click here](#) for details on how about volunteers can register their dogs.



Latest information on COVID-19

To protect you, our patients and our staff from COVID-19, please remember that the following safety measures remain in place across our sites:

- You must wear a hospital-issued mask at all times unless exempt.
- We still require all volunteers to undertake a lateral flow test twice a week and register results on the MTW portal. Test kits can be ordered from the Government website.
www.gov.uk/order-coronavirus-rapid-lateral-flow-tests
The government has confirmed that from 1 April free lateral flow tests will continue to be available for patient-facing healthcare workers and volunteers.
- No relatives are permitted to accompany the patient for appointments unless the patient is under 18 or in need of a registered carer.

- Each patient can now nominate two visitors to visit each day for one hour and visitors will not need to be named. Please note that visiting restrictions are regularly reviewed.
- Please do not visit our hospital sites if you have any COVID-19 symptoms yourself or if members of your family have any symptoms – even those who are fully vaccinated.



HANDS



FACE



SPACE

Welcoming back the Green Team

"I tried various volunteering activities but found nothing that gave me the same buzz that I got when working but I needed something to save my grey matter.

When I joined the Green Team at Maidstone Hospital, all of a sudden, I had people with the same sense of humour and outlook that I had been used to, I had a reason to get up and get on with my day again.

I can do as many hours as I feel I am able to do, I enjoy being part of the Green Team, and I am treated the same as any other member of

the team and have the trust and backup from all the friends I have made. Volunteering has really helped me."

Bob Simpson – Green Team

The Green Team is returning to Maidstone Hospital! Green Team volunteers help maintain the enclosed courtyard gardens around the hospital site. Volunteering alongside our Grounds and Gardens team, this work has huge benefits to the health and wellbeing of both our patients and staff. Getting involved is easy, just contact MTW volunteers (contact details below) and become part of the team helping to make Maidstone Hospital a more beautiful place to be.

Spotlight on – The League of Friends



In the last ten years the Maidstone Hospital League of Friends has raised an incredible £2 million for different projects here at MTW.

Much of this funding has been provided by the League of Friends' shop, café and bookshop located within Maidstone Hospital.

These outlets provide refreshments to both staff and patients throughout the year as well as events and sales.

You can help support the League of Friends by becoming a member – your annual subscription will provide a regular income for us – £5 per individual or £8 for a family. You will receive their newsletter informing you of our social events and how the money raised is spent. If you would like to become a member of the League of Friends, please contact the Membership Secretary on **01622 224781**.

If you would like to volunteer with the League of Friends please contact mtw-tr.volunteers@nhs.net

Volunteers News



Volunteers week is taking place from 1 to 7 June – if you are interested in getting involved please contact Anne-Marie Stevens-Swain Voluntary Services Manager via annemarie.stevens-swain@nhs.net

Volunteer forums to discuss changes and ideas will be beginning in the next month, sign up on Better Impact today.

WE NEED YOU
JOIN OUR VOLUNTEERS

NHS
Maidstone and
Tunbridge Wells
NHS Trust

MTW
Volunteers

FIND OUT MORE
www.mtw.nhs.uk/get-involved/volunteering

Helping hand – walks



With the longer days now with us, it's a great time to get outside and find the exciting paths and walks that can be found throughout the local area. Finding new places to visit is often key to getting out and about, so we found a collection of great walks around both Maidstone and Tunbridge Wells to share with you:

Maidstone: <https://www.alltrails.com/england/kent/maidstone>

Tunbridge Wells: <https://www.komoot.com/guide/724934/hiking-around-pembury>

Geocaching – why not give it a go?

Find out more about geocaching via this blog:

<https://blog.gooutdoors.co.uk/geocaching-in-the-uk/>

Contact us

If you wish to join the amazing team here please go to:

 www.mtw.nhs.uk/get-involved/volunteering

 or email us at mtw-tr.volunteers@nhs.net

 **01622 224719**