



Volunteering in Health

Supporting - Connecting - Empowering

The History of Volunteering in Health

Volunteering in Health was established in 2007 following a need that had been identified to offer support to patients of GP Practices across Teignmouth and Shaldon.

FINALLY, A NEW HOME FOR VOLUNTEERING IN HEALTH

Volunteering in Health, Teignbridge's local patient and carer support charity, are delighted to announce plans to take over Teignmouth's Ice Factory. The town centre location will be more accessible for patients needing support, and provide much-needed space for local community groups. "We've worked so hard for larger premises in the town and have had to overcome many obstacles," said Tina Graham, VIH manager. "We've worked miracles from our hospital offices, but the time has come to expand and do even better."

Emma Flint, VIH Volunteer Co-ordinator, is excited about what this means for volunteers. "New premises will give our volunteers an even better experience, with somewhere to call home for training, supervision, or just a friendly cuppa when passing through town. We badly need volunteer befrienders and drivers across the whole of Teignbridge, and I'm hoping that a proper base will make it even more fun to join our friendly team. We'll be able to run our Memory Cafes, exercise sessions, and carer support groups all from one location. It's an exciting time to get involved."

**To find out more, phone 01626 771143
email info@volunteeringinhealth.co.uk**

The project was funded by Teignmouth Hospital League of Friends and managed by Westbank, a local care and health promotion organisation with a reputation for developing quality volunteer support schemes in GP Practices across Exeter.

Ann Meyrick joined in October 2007 and worked with the manager, Tina Graham, in a small office at Teignmouth Hospital.

They were later joined by Yvonne Schonholzer (Finance) and Julie Dingley.

In 2009 we became an independent organisation and achieved charitable status in 2010.



The image shows a promotional graphic for 'Volunteering in Health'. At the top, a blue banner contains the words 'teering caring befriending' in a light, cursive font. Below this, the words 'VOLUNTEERING' and 'HEALTH' are written in large, bold, sans-serif letters, with 'VOLUNTEERING' in blue and 'HEALTH' in green. Underneath the title, a black text block reads: 'A voluntary service for the communities of TEIGNMOUTH, BISHOPSTEIGNTON, CHUDLEIGH and SHALDON.' The central part of the graphic is a large, high-angle photograph of a diverse group of about 30 people of various ages and ethnicities, all smiling and holding hands in a circle. At the bottom of the graphic, the text 'Helping make life easier!' is written in a large, black, cursive font.

Volunteering in Health has a management committee in a bid to better target its development in line with the needs of local patients and to be managed at a more local level.

Teignmouth Hospital League of Friends continued to fund Volunteering in Health along with Dawlish Hospital League of Friends who had been funding Volunteering in Health since January 2010.

Volunteering in Health provided transport to health appointments, carer support, shopping, befriending, volunteering opportunities, and Memory Cafe.

Apart from the Manager who was paid the other posts were carried out by volunteers.

The areas covered by Volunteering in Health were Shaldon, Teignmouth, Dawlish, Bishopsteignton and Chudleigh.

Advertiser/Post, Friday, September, 21, 2018 5

NEWS

DAVID CAUNTER



■ VOLUNTEERING IN HEALTH: Left to right Cllr David Cox, Cllr Sylvia Russell, Chloe Myers, Jill Breyley, Jeannette Osmond and Andy Davie.

Praise for Teignmouth charity

TEIGNMOUTH-based charity Volunteering in Health has been praised for its pioneering work.

At the annual general meeting held at Bitton House, the charity received congratulations from NHS bosses for its successes in helping people live 'fulfilling and contented' lives.

New chairman of trustees Andy Davies told the meeting the charity would be adopting a new structure, moving from an unincorporated registered charity to Community Interest Organisation registered charity to reflect the expansion in Volunteering in Health's role and reach.

Volunteering in Health general manager, Chloe Myers told the AGM about the success of the HOPE programme - Help Overcoming Problems Effectively.

The programme is to help local people struggling with long term health conditions, help to build confidence and advise people how to manage their conditions better.

She explained: 'HOPE helps you to focus on you as a person, not as a long term condition. 'It helps people to discover new strengths and rediscover old ones to keep themselves well.

'It also aims to boost your self-confidence and resilience, to help people cope better emotionally, psychologically and practically with their condition.'

There was praise for local county councillor Sylvia Russell, for funding an innovative scheme to provide volunteers with a computer tablet, eliminating time-consuming paperwork and enabling data to be accessed in real time by the NHS.

The project will help Volunteering in Health and partner charities in the South Devon Wellbeing Partnership.

The office at the hospital became too small as the number of staff increased and we moved into a rented basement in Orchard Gardens in Teignmouth.

Volunteering in Health was invited to take up office space in Teignmouth Hospital in July 2017 and opened the Coastal information centre on the ground floor.

The office and Volunteering in Health are firmly embedded into the services provided by NHS to support both physical and mental wellbeing

The charity became a CIO on the 25th of March, 2019.



Volunteering in Health Volunteer driver, Peter Ward, was awarded the British Empire Medal in 2020 for his community service driving people to their medical appointments. Peter says, “I’m just a small cog in a very big wheel and I feel very honoured and privileged and proud.”

Volunteering in Health was honoured with The Queen’s Award for Voluntary Service, in 2021-22, the highest award a voluntary group can receive in the UK.

Volunteering in Health was one of more than 200 charities, social enterprises, and voluntary groups that received the prestigious award that year.

Representatives of Volunteering in Health received the award crystal and certificate from David Fursdon, Lord-Lieutenant of Devon.

Furthermore, two volunteers attended a garden party at Buckingham Palace in May 2022, along with other recipients of this year's Award.



Julie Dingley joined the charity in the very beginning as a volunteer on the transport desk. She is now employed as a Wellbeing support worker, calling people to check in on them and offer support if they are struggling.

She helps us identify people who are not managing or becoming unwell and provides an early intervention to signpost back into our or other services to prevent potential crisis from occurring.

Current Chair of Trustees, Alwyn Oakley, said: “We are delighted that our work supporting people in Teignbridge has been recognised. Our skilled staff and volunteers are committed and caring individuals and I am proud to be part of this community.”

We have an office in Dawlish Hospital, where the link worker supports patients during their stay on the ward. We help with their discharge home and keep in touch to make sure they are managing, and signposting to other services to help them stay living independently at home.

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The collage shows some of the incredible things Julie Dingley has been involved in during her journey with Volunteering in Health.