

healthwatch

Stockport



VOLUNTEERS' WEEK





20.1 Million

Volunteers' Week 2020

Dear Volunteer,

We are CELEBRATING Volunteers' Week by thanking each and every one of you who has volunteered your time for your local community. Without the generosity of volunteers we wouldn't have been able to deliver parcels and medicines as quickly and effectively, and get involved with other organisations requiring help during the Covid-19 outbreak.

Inside this issue we focus on the Tell us Your Story Survey we are running and how you can help. We showcase some of the work some of the volunteers have done with Walthew House and in the wider community, we will also be highlighting more volunteering opportunities for the coming weeks.

Volunteering Facts

20.1 million people volunteered through a group, club or organisation during 2017/18.

Nearly half of all volunteers (47%) say volunteering has improved their physical health and fitness.

People mainly volunteered locally, in their own neighbourhoods (81%).

Why Volunteer?

As well as helping others, volunteering has shown to improve volunteers' wellbeing too. It also lifts community spirit and you get chance to give back to the community you are proud of.



Volunteer Week

Your Story During Coronavirus

“Tell us Your Story during ‘lock-down’” officially launches TODAY

We will officially launch our survey ‘Your Story during lock-down’, today Monday 1st June 2020. This survey is for everyone and it will help us understand how you have dealt with ‘lock-down’ and what activities you have done to help with your mental and physical health during the covid-19 outbreak.

The survey isn’t very long and is quick to complete, you can access it here..

[Access Survey](#)

Please share amongst your family and friends. The survey will run until Friday 10th July 2020. The results will be shared with local health and care services, so that we all can improve what is available to local people in the future.

If you or someone you know requires a paper version, or an alternative format such as large print, please email or telephone the Healthwatch Stockport office [details below].



Nominate a hero

Do you know anyone that has been brilliant in your local community? We are asking you to nominate anyone who you think has gone above and beyond for you or has really done their community proud.

We think these people are heroes! You can nominate a community hero on our website. We would love to hear about your community hero. We will be presenting awards later in the year - watch this space...

[Nominate a hero](#)

[www.healthwatchstockport.co.uk/
your-story-during-lock-down](http://www.healthwatchstockport.co.uk/your-story-during-lock-down)

Volunteer Week

New Opportunities

Pen Pal Scheme

Thank you for everyone who put themselves forward for the Pen Pal scheme for people with learning disabilities. The scheme has been working very successfully with Stockport College and as a result, at the moment we have enough volunteers through this channel, but we may come back to you again for support in the future.

We are working with Age UK Stockport to include written letters, postcards or any drawings in shopping bags, food packs for people that are vulnerable and are still isolating.

You can send in your letter, postcards or anything creative you think would be a nice pick me up to anyone who is self-isolating by sending this into the Healthwatch Stockport office at

Land O' Cakes, 48 Middle Hillgate,
Stockport, SK1 3DL

This will allow us to place them into shopping, food parcels or through our medication pick up service without having the need to share any personal information.

However we will share pictures of where they go!

Delivering paper copies of the survey

We know it is important to hear everyone's views if you felt you have had issues during the coronavirus because of your gender, race, faith/religion, cultural background, disability or health condition, place of residence or caring responsibilities we want to know these issues and see what these issues are arising.

If you are going through a gender reassignment, marital status or are pregnant or had a baby in the last 26 weeks we would like to hear your issues as we working in partnership with Healthwatch England to find problems during the coronavirus around these problems.

If you know of any family or friends or even people on your street who may find it hard to get online to complete a survey then we have paper versions available.

Would you be willing to post these through neighbours letterboxes? We will send the surveys out to you and include free-post envelope's to send back to the Healthwatch Stockport office.

If you are interested then please contact us on 0161 974 0753 or email comms@healthwatchstockport.co.uk

Volunteer Week

Volunteer with Walthew House

Walthew House supports people in Stockport with a sight or hearing loss and are continuing to do so during the Coronavirus pandemic.

Support is changing and adapting to users needs and includes; regular social and wellbeing calls, telephone counselling and emotional support; practical help with shopping and other essentials; care packages to help keep people busy and reduce isolation; remote technology support; socially distanced guided walks for long cane users who would otherwise not be able to get out for exercise; providing local and national information in accessible formats (BSL, large-print, Braille, audio); audio described and subtitled exercise sessions available on memory stick and online (chair-based exercise and Pilates); and much more.

To do this, Walthew House has a team of dedicated and flexible volunteers. Current volunteering opportunities include shopping, delivering shopping, picking up essentials (e.g prescriptions), delivering care packages and other ad-hoc opportunities. If you are interested in getting involved please contact Shannon on **0161 480 2612** or funding@walthewhouse.org.uk, or find us on Twitter, Instagram or Facebook by searching 'Walthew House'



**Walthew
House**

0161 480 2612

Volunteer Week

Training Opportunities

Thanks to our friends at the Stockport Council they have produced some really good training opportunities

Connect5 E-training

Connect5 is a mental health promotion training programme designed to increase the confidence and core skills of front line staff and volunteers so that they can be more effective in having conversations about mental distress and wellbeing, help people to manage mental health problems and increase their resilience and mental wellbeing through positive changes. Session 1 of Connect 5 E-training is free and should be sufficient for your role.

[Access training](#)

Suicide Prevention

Suicide - Let's Talk: Anyone managing difficult calls or conversations may want to complete this free 20 minute online training via the [Learn to Save a Life](#) contains useful learning on how to help someone at risk of suicide stay safe.

The Samaritans website provides a host of support tools which you may find helpful, including - Having a difficult conversation and [SHUSH listening tips](#) to becoming a better listener, [Tips for helping someone open up](#) and [What to do if someone you know is suicidal](#).

Digital Support

Links are clickable

Over the last few years Digiknow partners have been helping Stockport residents to get online. Covid-19 has meant it is important, more than ever, to stay connected with others. To find out more about the digital support available to residents please visit [Stockport Council's website](#).



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

Volunteer Spotlight

Meet Maria Nolan, she has been an absolute credit to Stockport!

Maria who initially came to us for information and advice turned out to be one of our volunteer heroes.

We put Maria in touch, with a 94yr old lady - June, whose daughter felt she would benefit from a couple of calls from a friendly volunteer.. They have since been having conversations and have become good friends.

It then turned out that Maria and June belonged/used to belong to the same local group at different times and realise now that they have a mutual friend - Dorothy.



Sea and Sky Project

Hello everyone, we hope you are keeping safe and well!

To lift our spirits, keep us positive and help us feel connected with each other, Arty Kind and Stockport Advocacy have put together a project called Sea and Sky!

We are asking people to make some bunting in their own home. Each piece should be approximately sized 18cm wide x 25cm in length (creating a triangle) and in the theme of "Sea and Sky." Then when we reopen the building your beautiful bunting will be linked together and displayed for visitors to see.



A string of 5 would be best suited to hang in your window before sending to us, but any amount you send will be used! Once you have created them, please take a photo and send to us so we can put it on our Facebook.

Any questions or to send photos, email info@stockportadvocacy.co.uk or message us on Facebook / Twitter / Instagram

Once we are out of lockdown, send us your creations and we will make the display!

Send to: Stockport Advocacy, 48 Middle Hillgate, Stockport, SK1 3DL

We would love as many people as possible to get involved, so let's get creative!



Community arts project

Volunteer Week

Voluntary Organisations

ARC 0161 480 7731

Age UK Stockport 0161 480 1211

Beacon Counselling 0161 440 0055

Beechwood Cancer Care 0161 476 0384

Bubble Café 0161 375 5111

Car Scheme 0161 476 2812

EAICO 0161 477 1914

Give2Gain 07948 549485

Talk Listen Change 0161 872 1100

KIDS 0161 240 6168

Mind 0161 480 7393

Stockport foodbank 07483 115349

Osteoporosis Society 08088000035

PIPS 07786 101072

Proud Trust 0161 660 3347

Pure innovations 0161 804 4400

Pure Insight 0161 804 4410

Seashell Trust 0161 610 0100

Sector 3 info@sector3.co.uk

Signpost for Carers 0161 442 0442

Spaces of Hope www.spacesofhope.co.uk

SPARC 0161 429 9744

Stockport Advocacy 0161 480 8979

Stockport Disability 0161 480 7248

Stockport Homes 0161 217 6016

Stockport Mencap 0161 431 3036

Stroke Information 0330 055 2197

Supportability 0161 432 1248

Together Trust 0161 283 4848

Walthew House 0161 480 2612

Wellspring 0161 477 6344

Stockport Metropolitan Borough Council

Coronavirus Helpline 0161 217 6046

Healthwatch Stockport

0161 974 0753

info@healthwatchstockport.co.uk

Become a Healthwatch Stockport member

Become a member of Healthwatch Stockport to receive a monthly e-bulletin about all things health and social care in Stockport with the latest Healthwatch updates, events and information. If you sign up to become a member you will receive a welcome pack in the post.

[Become a member](#)

If you no longer want to receive these volunteers updates you can do so by following the [link here](#).



Thank you