
Community Cardiology – Cardiovascular Rehabilitation

Volunteer role description

Wirral Community Health and Care NHS Foundation Trust values each and every one of our volunteers and the varying skills, experience and personality that each of you bring to our organisation.

We are looking for volunteers who would like to work in a clinical environment. The role involves working in our cardiovascular rehabilitation service supporting cardiac rehab Nurses and Exercise Physiologists to support patients using exercise equipment, some general housekeeping, chatting to patients and some administrative tasks.

We are also looking for volunteers to support the Cardiac Rehab Health Advisor within the CardioFit community exercise programme, which is run in partnership within the council and takes place in a variety of gyms across the Wirral. The role would also involve supporting patients using exercise equipment welcoming and chatting to patients.

Department / organisation

Wirral Community NHS Foundation Trust's Cardiovascular Rehabilitation Service (Cardiac Rehab) supports patients to better understand their heart and/or vascular condition following on from diagnosis or surgery, offering expert advice and information.

Cardiovascular rehabilitation teaches people how to manage symptoms such as chest pain or breathlessness, improve exercise tolerance and quality of life.

Location

Wirral Community Health and Care NHS Foundation Trust

Wirral Heart Support Centre

St Catherine's Health Centre

Derby Road

Birkenhead

Wirral

CH42 0LQ.

Community Council Gyms (Concourse, The Oval, Guinea Gap and Leasowe).

Days / hours (a volunteer may do up to two four-hour sessions per week).

Monday to Friday: 9.00am to 12.00pm or 1.00pm to 4.00pm.

Monday and Wednesday early evening: 5.30pm to 8.00pm.

Please say on your application form which sessions you would like to be considered for.

Main tasks

- Assisting in the preparation of the rooms/gym for sessions
- Assisting with exercise sessions (i.e. support patients with the use of exercise equipment during classes as instructed by clinical staff or supporting patients with programme reviews)
- In line with the trusts policy for the prevention of infection control wipe down monitoring equipment, gym equipment and surfaces at the end of a session
- Directing patients to the correct treatment area
- Monitoring the booklet holders and re-plenish where necessary
- Assisting patients with the completion of outcome questionnaires
- Assist the team with general administrative tasks such as photocopying and filing (half an hour only per session) and filling envelopes

Requirements

- To have good interpersonal and communication skills
- Work alongside staff, patients and other volunteers
- Attend all agreed sessions on a regular basis
- Agree to regular support and supervision
- To comply with all guidelines around patient, staff and trust confidentiality

Identified training

- Familiarisation of setting up exercise equipment to be able to direct patients (A full gym induction will be given on your first visit)

Any identified training relevant to the role will be provided in-house

Closing date and application information

If you would like to apply, please email your expression of interest to:

wchc.membership@nhs.net

Alternatively contact the Volunteer Services Manager on 0151 514 6342 or write to:

The Volunteer Services Manager

Wirral Community Health and Care NHS Foundation Trust
St Catherine's Health Centre
Wing 5, 1st floor
Derby Road
Birkenhead
Wirral
CH42 0LQ

Additional information for all placements

Disclosure and Barring Service (DBS) checks

Most volunteer placements will require a DBS (previously CRB) check. If needed, this will be confirmed before informal interview.

Occupational health assessment

All volunteers have an occupational health assessment to ensure that the tasks they will be carrying out do not put themselves (our patients or staff) at risk.

Training

All volunteers must complete mandatory training as and when required.

Local induction

Each volunteer will receive a local induction. This will include a welcome, orientation, local safety procedures, local escalation processes, including point of contact on the unit.

Volunteers must not:

- lift or move patients or heavy equipment
- give medical advice or change a treatment plan
- assist with the administration of medication
- do work other than that is their role description

About Wirral Community Health and Care NHS Foundation Trust

Located in Wirral in North West England, we provide high-quality primary, community and social care services to the population of Wirral, Cheshire East, Knowsley and St Helens. We play a key role in the local health and social care economy as a high-performing organisation with an excellent clinical reputation.

Our Common Purpose:

Together...

we will support you and your community to live well.

Compassion

Supportive and caring, listening to others.

Open

Communicating openly, honestly and sharing ideas.

Trust

Trusted to deliver, feeling valued and safe.
