



## **Community Action Project**

British Red Cross- Care in the Home

## **Community Action Partner**

British Red Cross

**Aim:** In the UK, our health and social care work offers valuable time-limited support for individuals vulnerable to crisis. From people recovering from illness, surgery or an accident, to struggling with a life-changing event, Care in the Home volunteers enable people to live as independently as they can at home, building trusting relationships and helping them to regain their confidence and well-being. Working closely with health and social services colleagues, volunteers can make the difference in preventing an admission to hospital or supporting a timely discharge home.

**Role:** This service is free and confidential, providing transport home from hospital and ongoing low-level practical support at home after discharge. The type of support offered will include: Transport home, settling in back at home, addressing immediate practical needs e.g. checking heating/checking fridge, making light snacks and drinks, informing family and/or neighbours of their return home, essential shopping on behalf of the client, collecting prescriptions, transport and escorting to GP/hospital/dentist/optician appointments, help on trips, e.g. to the shop/library/day centre, monitoring and check/social Visits, including telephone support, companionship and emotional support, promotion of confidence and independence and signposting to other providers for longer term support (as appropriate).

**Training:** Training will be provided.

**Location:** Chertsey and surrounding areas

**Times:** Minimum of 2 hours a week, Monday - Sunday 8am-8pm

**DBS:** Required.



Royal Holloway  
University of London