

Meet a ReConnect Volunteer

Sarah - volunteer since 2022

So rewarding to feel that your time and commitment has made even the smallest positive difference to a person or their family.



Tell us about how you came to be a ReConnect Volunteer?

I was recently retired and looking for volunteer roles that were meaningful to me. I saw a leaflet in the Parish newsletter about ReConnect and looked it up on line to find out more...it appealed because I felt I might have some experience and support to offer others with communication challenges - as my husband is a stroke survivor and he has significant cognitive and expressive dysphasia, and my mother in law had memory and communication difficulties due to her alzheimers.

By living every day being positive as much as possible whilst acknowledging the limitations and frustrations was how me and my husband survived - finding different or new ways of coping, improving and moving on, appreciating the best of each day and laughing in the face of adversity helped a lot! So I hope I am able to share some of my/our experience with others facing similar challenges.

Volunteering with ReConnect I have spent time with individuals in their own home over a period of weeks trying to help them 'ReConnect' with memories, hobbies, interests or their community.

TO JOIN OUR TEAM VISIT
RECONNECTGLOS.ORG/VOLUNTEER



What are your current roles within ReConnect?

I am currently befriending in the Vale Hospital on the stroke/dementia ward where I have been supporting a persons recovery, this ranges from chatting, reading, looking at pictures or playing games to keep someone company and to help with communication skills, maybe a walk outside in the garden to enjoy some fresh air which can help with mobility and speech, and I have also spent time talking with relatives.

“

'it really helps to know you and your husband have been through this (stroke recovery) and that we need to be more patient, practice more and not give up, it is still early days'

”

“

"Good idea, I will bring in a picture of my Dad tomorrow so they (the ward staff) can see who he was before this (stroke) happened'

”

The advice you would give to anyone considering volunteering

....just do it! So rewarding to feel that your time and committment has made even the smallest positive difference to a person or their family, whether a few minutes or a few hours. Your time will really be appreciated.

TO JOIN OUR TEAM VISIT
RECONNECTGLOS.ORG/VOLUNTEER