

Volunteering at St Joseph's Hospice



St Joseph's
Hospice





“We rely on volunteers
to help us in many ways.”



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Hospice

By giving just a little of
your time, just 3 hours a
week, you really can help
us make a big difference.

St Joseph's Hospice is an independent charity that provides compassionate support and care for people with life-limiting conditions and terminal illnesses. We have a lot of work to do in caring for our patients, their families and carers and we rely on volunteers to help us in many ways. Almost 400 generous volunteers give their time and skills to support our work, carrying out a wide range of tasks from befriending patients to helping in the gardens.

What are the benefits of volunteering?

There are many benefits to volunteering which explains why most of our volunteers have been helping us for years. By helping us to help others, you could:

- support people who have a long-term condition or a terminal illness
- meet new people and make new friends
- feel valued and be part of a team
- help busy members of staff
- learn new skills to add to your CV
- move towards making a career change
- share your specialist skills with others.

How Can I Help?

Whether you're retired, on a sabbatical or can only help a few hours per week, volunteering at St Joseph's Hospice is easy. We have tasks to suit everyone whatever their skills or interests, including:

- accompanying patients to and from the Day Hospice in the ambulance
- becoming a volunteer counsellor
- being a Hospice ambassador at community events
- befriending patients
- delivering collection boxes
- driving a Hospice car
- helping at fundraising events
- helping in the gardens
- providing admin support
- serving in the cafe
- showing visitors around the Hospice
- talking to families and carers.

Some people bring special skills which we can put to good use, such as offering manicures to patients, taking photographs at events, cutting hair or playing music to patients.

Please let us know what your skills and interests are.



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Volunteer story

Shane, a London cabbie
from the Isle of Dogs

How I give my time

In my day job as a taxi driver I have 2,000 conversations a year, so talking comes naturally! Once a week I come into the wards, ask the staff if any of the patients would like to chat and then sit and do just that for up to three hours, with whoever wants some company.

I was anxious the first time and worried about what I would say, but I always wear my cabbie badge and that seems to break the ice, it's like a bridge for people.

What I like about volunteering

Just knowing that someone is there by their side is enough for some people, while others really want to talk.

It's helped me learn a lot about myself and understand that peace of mind is one of the most important things in life.



Volunteer story

Lynn-Marie, a library
assistant from Islington

How I give my time

Since I started three years ago, I have done lots of different things, including meeting and greeting visitors, answering phone calls and helping the fundraisers, but now I mainly read to people on the wards.

I normally spend about four hours a week reading to patients. I'll read anything I'm asked to or choose something I hope may be suitable.

I'll spend anything from a few minutes to a much longer spell reading with patients depending on what they feel up to.

What I like about volunteering

I see it as giving my time to a good cause rather than giving up time. It feels very positive for me and the people I am reading to, it's a very equal situation. I feel that St Joseph's Hospice honours what volunteering is all about – it's not really about giving up time. It's about sharing something and that's what I love about it. I often go home feeling fulfilled and generally know that the listener has enjoyed it too.

It's an opening to communication as well as an enjoyable way to spend time together. I read to my Dad when he could no longer read to himself and soon came to see that listeners and readers are parts of a side by side relationship, two parts sharing a common enjoyment.

Important Information

Preferred language

Please let us know if English is not your first or preferred language. We will try our best to have an interpreter or health advocates at meetings.

Your views

We strive to ensure that the service you receive is of the highest quality. If you have any feedback, comments or complaints regarding your care please get in touch.

Call us on: 020 8525 6000

Write to: Micaela Loveridge,
Clinical Governance Lead,
St Joseph's Hospice, Mare Street,
Hackney, London E8 4SA.

Support your local Hospice

St Joseph's Hospice is an independent charity and our services are offered FREE OF CHARGE. We rely on the community's generosity to continue providing our care. If you would like to support our services, please visit our website or call us at the reception number below.

Contact us

Reception: 020 8525 6000

First Contact Team: 0300 303 0400

(for referrals and 24/7 advice and support line)

Email: info@stjh.org.uk

Website: www.stjh.org.uk

