

# could you become a



?



**The Peninsula Practice**

A Collaboration of Compassion



**People approaching the end of their lives need medical care for only 5% of the time - we aim to make the other 95% as rich and essential as possible**

**Please join our team to offer compassionate support**

Imagine having the training, knowledge and confidence, and ongoing support, to be a companion volunteer or a statutory companion champion (within your job role), working alongside other members of the community and clinical teams to provide the best possible care to those at the end of their lives.

### **Become a champion**

Do you work with people in their last year of life as part of your job role? (ie care home/ carer/ INT/PCN etc)

As a Compassionate Champion you could support your resident/patient to express their wishes for care at the end of their lives, and ensure those wishes are shared with all statutory care teams

### **Become a volunteer**

#### **Compassionate companion volunteers**

Have you got 1 hour a week to spare to support a person within your local community?



### **What we do:**

- Improve end of life care in our communities across Suffolk
- Provide non-medical and compassionate support to individuals in their last year of life and their loved ones
- Enable conversations about the choices available at the end of life
- Support people to live their lives as fully as possible before they die.

## **Join Our Team**

If you would like to learn more about Compassionate Companions, please visit:

**[www.compassionate-communities.co.uk](http://www.compassionate-communities.co.uk)**

or contact us at

**[bill.thompson1@nhs.net](mailto:bill.thompson1@nhs.net)**

*How do I know if I'm right for this companion volunteer/statutory champion role?*

No formal qualifications are necessary. Full training is given. Having time to spend with a person in their last year of life, and having the ability to share and document information (learned at the training) when appropriate is plenty.

*What training will be given and what is the ongoing support?*

The training course is a bespoke three-day programme provided by a qualified team consisting of experienced companion volunteers working alongside a GP and clinical nurse specialist.

Safeguarding training takes place every three years (a few hours online) for volunteers.



An informal interview and enhanced DBS check are also part of the enrolment process for companion volunteers.

The lead team of clinical, research and administrative support staff supervise the companion volunteers. Companion volunteers attend fortnightly online zoom sessions facilitated by members of the lead team for debriefs, shared learning, and evaluation purposes. The team have expertise to support and sign post where necessary.

For statutory role champions: DBS checks and safeguarding training will be undertaken by their organisation. Attending the fortnightly Zoom meeting is encouraged.

*What commitment is expected of a companion volunteer/statutory role companion?*

The amount of time spent with a person varies and can be mutually agreed by both the companion volunteer/champion and the individual. Some companions may choose to have weekly face-to-face contact, while others may mix contact types with face to face and telephone calls. Statutory role companions will undertake this role within their organisation with no additional time commitment expected.

Both companion volunteers and statutory role champions are asked to complete a short survey on Survey Monkey after each contact or visit - simple questions about the nature of the contact are fed back and can be submitted anonymously. This is a requirement to fulfil the terms of NHS funding to be able to evaluate the effectiveness of the service.

*What happens if the companion volunteer does not 'connect well' with the person matched (or vice versa)?*

The person will be offered another companion, and the existing companion volunteer can be matched with another individual.

*Is the companion volunteer expected to be in attendance when the person is physically dying?*

The Companion role is primarily to support people and their families by giving time to listen, enable, and empower them to make informed choices to be honoured at end of life. There is no expectation for the companion to be present at the very end.

