



A Charity for Stroke Survivors in Woking and the surrounding area.  
Charity No. 1126721    Affiliated to the Stroke Association    [www.wokingstrokeability.com](http://www.wokingstrokeability.com)

---

## **Volunteering with Woking Strokeability**

Woking Strokeability are very aware that we need to make sure that we effectively support and manage the involvement of our volunteers. This document provides some information on our activities, organisation and the support that volunteers can provide.

### **Initial Interest**

When you are interested to join as a volunteer we will give you an introduction to the organisation, let you know what activities volunteers support and recommend that you come along to one of our Saturday sessions to meet members and gain an understanding of how we work and the of activities we undertake.

### **Deciding to Volunteer**

After deciding to volunteer with Woking Strokeability we will ask for the contact details of both yourself and an emergency contact. Our primary communication channel is email and we will add email details to our general circulation list. This list is used for communicating to all members with details of meetings, events, and general points of information for stroke survivors. Your details can be removed from this list at any time by contacting our Secretary.

- We will not use your email address for aims beyond the scope of Woking Strokeability or share it with third parties. Volunteers should be aware that contact details will generally be freely available to other members of the group.
- From time to time, we photograph our training sessions and other events. If any volunteer does not wish pictures to be used in association with our charity, please advise the photographer at the time and make our Secretary aware of your decision

### **Volunteering Opportunities**

Volunteers are a crucial part of Woking Strokeability, without their support we could not continue. Their expertise and help can cover a wide range of activities, from helping to run the group as a Trustee to helping with the activities such as:

#### **Fund Raising**

This can range from helping with a tin collection to organising a complete fundraising event such as a quiz social evening. It could also entail undertaking activities such as a sponsored run/walk, garden party or barbecue etc.

#### **Assistance at the Gym**

This will include helping members as they carry out exercise guided by our trainers. It may range from a simple ball game to gentle badminton returns helping members to improve their coordination. It can involve helping members onto and off equipment, ensuring that safety cord is used on walking machines.



It can also include helping get the room ready, setting up equipment and putting away at the end of session. The help needed at any meeting will depend upon the members attending and the direction of our trainers.

The level of assistance provided by volunteers to our members at the gym does not require formal training. However, if you are assisting members on any equipment you should be instructed by a trainer or suitably experienced member how the equipment is set up and used.

- If a volunteer is unsure of the best course of action at any time, they should refer to a trainer or a Trustee.

### **Assistance at the Pool**

A volunteer could be a lifeguard at our weekly aqua-aerobics pool sessions. In all cases the exercise activities at the pool will be directed by one of our trainers.

- Any member requiring one-to-one assistance will be supported in the water by a dedicated carer.

### **Organising events**

We arrange social events for our members and partners / carers which can range from coordinating with other charities for activities such as sailing and disabled sports to organising a dedicated Woking Strokeability event. These dedicated events have in the past included our regular Christmas lunch and summer BBQs, canal or river trips and outings to places of interest.

### **Marketing**

Assisting with marketing material, its deployment and subsequent activities. This could include developing the material, publishing it and following up with other charities and healthcare or commercial organisations. Circulating hardcopy information to doctors' surgeries and pharmacists etc., assisting with the management and control of electronic communications including social tools such as Facebook and X (formally twitter).

- In all cases whenever any marketing activity has proved successful there will be an opportunity to follow up and develop relationships and contacts with other organisations.

### **Formal Training**

If more formal training is necessary or required, for example first aid or lifeguard training it can be arranged through the Trustees.

### **Safeguarding**

Everyone has a right to live their lives free from fear, abuse and neglect and working with vulnerable adults, we all have a responsibility to protect their safety and basic human rights. As a volunteer, you may witness a person being abused or treated with a lack of compassion or empathy. If you identify any concerns, raise them at once with a Trustee or the trainer leading our session. Any issue raised will be dealt with confidentially.



- If you are interested in finding out more about the safeguarding of vulnerable adults, we can arrange on-line training and signpost other organisations that can provide further information

### **Continuing to Make a Difference**

We are conscious that volunteers join our group for a variety of reasons, examples are using professional skills and experience to help others less fortunate, undertaking Duke of Edinburgh charity work, gaining experience of helping people with disabilities prior to formal education or social care activities. We are also aware that a volunteer's original motivation for joining is not always the same as their reason for staying.

- To help us understand what motivates our volunteers and which parts of their support that they enjoy we may ask for feedback to help ensure that volunteering is not only be of benefit to Woking Strokeability but also to the volunteer.

### **Importance of Volunteers**

Our volunteers make a significant difference to Woking Strokeability and we hope that in return they will have a pleasurable experience and enjoy being part of a successful local charity making a real difference to the lives of stroke survivors.

### **Feedback from Volunteers**

#### **Philippa – by email 2022**

I would say that I have really enjoyed and continually enjoy volunteering with Strokeability. There is such a great sense of community and a fantastic support network for people with a common need, all undergoing their own individual path to recovery / rehabilitation. I have thoroughly enjoyed getting to know all of the members over the last 4 years, and always feel very welcome in everyone's company. Volunteering with Strokeability and hearing people's different stories really helped me set in stone the pathway in life I wanted to take and that is to become an occupational therapist (OT).

Coming back to Strokeability in the holiday times is always so lovely as everyone is so enthusiastic and keen to hear about what I have been learning and continually tell me about the positive impacts that OT have had in their life. I think Strokeability is a fantastic charity, it is something that I tell many people about, and it is something that I am proud to be a part of.

#### **Lauren – by email 2022**

I have loved volunteering with Strokeability over the years. The kindness, warmth and humour I was welcomed with every week was amazing and was a real reflection on both the character of the staff and members, but also the gratitude felt towards those that chose to spend their free time lending a hand. Whether I was physically supporting people to exercise, or simply a listening ear for a chat, I always felt really appreciated.