

volunteering and work experience placements



newsletter – November 2022

We hope you are well and have enjoyed the summer sunshine. We have certainly had a busy summer which has provided us with lots of stories to share.

Our second edition of the Sanctuary Volunteering Newsletter includes: a quiz, current opportunities, an interview with a Day Care Centre Manager and many stories from our wonderful volunteers etc.

We hope you enjoy this edition and as always, please reach out to us if you have any questions or stories which you would like to share 😊

Warmest Wishes

Yunus and Farah

The Work Programmes Team

opportunities

We have many exciting opportunities available to suit **all** skill sets. Please visit our webpage to find out more about our programme and examples of the placements which we offer.

Don't worry if you do not see something which matches your personal attributes, simply contact us and we will be sure to find something suitable. Don't be shy!

Some of our opportunities for work experience include:

Hair and beauty, maintenance (painting and decorating, plumbing and carpentry). If you live in the following areas and are interested or know someone who is.

Please get in touch today!



We have opportunities in the:

- ⊙ **Southwest** – Bridgwater & Exeter
- ⊙ **Worcestershire** – Worcester & Bromsgrove
- ⊙ **West Midlands** – Birmingham
- ⊙ **Home Counties** – Basingfield

employee volunteering – we called they responded

Sanctuary announced a call throughout the organisation for volunteers, encouraging employees to take part in our volunteering programme. This took place between June and September. Over 200 employees took the opportunity to participate by supporting the Assets Team to help spruce up the areas inside and outside of our care homes. It was a resounding success - thank you to everyone who took part!

Don't worry if you missed out, due to its huge success, we will be continuing to offer this opportunity to all staff. Get in touch with us today to organise your volunteering day!

A thank you message from Juliette Wilson – Director of Property Management – Sanctuary Care

“ Thank you so much for all your support during our very own Sanctuary Volunteers' Initiative.

I am overwhelmed with how many people gave up their time to help us spruce up our care homes with painting, pruning, planting and so much more!

We had over 200 employees supporting 20 plus homes across England and Scotland, which enabled us to achieve a huge amount of work and make a real difference.

I hope you enjoyed it as much as we did – and I know our care home staff and residents are incredibly grateful.

Thank you so much – this makes me prouder than ever to be part of Sanctuary. ”

Best Wishes

Juliette Wilson



stories to share!

We have so many wonderful stories to share with you from our busy summer! Below you will find a teaser for these stories from our volunteers. As well as a link to the full story.

Meadows House Residential and Nursing Home - Day Care Centre

1. ““ You only go past here once, so you might as well enjoy it! Live life and stop comparing yourself to anybody. You are not the same, be who you are. ””
– Americk (Volunteer)

We introduce you to two of our lovely volunteers - Americk and Margaret. This lovely couple met 24 years ago at the Rotary Club.

They have a combined age of 165! This goes to show that age is just a number. When asked the question If you were not volunteering, what would you be doing instead/what would your life be like? The response was:

Margaret: ““ Nothing - life would be dull! You have to give at some point in your life and it's not just money. ””

Americk: ““ If you keep draining the well and give nothing back, things will eventually deplete. But when you give back you both benefit and you learn from it. This goes to show that it is not only the residents that benefit, but the benefit to the volunteer is great! ””



2. ““ I have cared for hundreds of residents/service users, and I can remember every single person; their names and all their little habits. ””
– Eve (Volunteer)

Introducing volunteers Eve Warren and Rick Warren. They are both 76 years old and full of energy. Eve used to work as a Care Assistant at the home.

After retiring and taking some time out she came back to volunteer. Rick is a bit of a handy man and Eve asked for some help with a fish tank and as they say the rest was history. There are so many ways that a volunteer can support the homes, from handy work to spending time with the residents.



3. ““ It is the most wonderful thing that we have these volunteers coming in to support us. It is a fantastic thing. ””
– Denise (Manager)

Denise is the Day Care Centre Manager. She shares her story on how the volunteers have been invaluable to both the staff and service users. She welcomes the volunteers into her centre with open arms and cannot thank them enough for their efforts.



Princess Louise of Kensington Nursing Home

4. ““ My most memorable experience was the Valentine's Day special performance... the residents all sang along as I played on my piano and they reminisced about special memories with their spouse/partner, that these songs brought back. ””
~ Preethi (Volunteer)

We truly believe that volunteering helps with obtaining relevant skills that are needed when applying for further education. We are very excited to share the story of Preethi who has recently been accepted to Cardiff University Medical School. Preethi was extremely grateful for the opportunity and strongly believes that this helped in her application being accepted.

We would like to say a huge congratulations to Preethi and wish her the best in her studies.

To read all of the stories mentioned above, please [click here](#).



quiz time



Rick, Eve, Americk and Margaret were asked to answer the following 15 Questions.

Rick's Score: 3/15 ✓

Eve's Score: 4/15 ✓

Americk's Score: 4/15 ✓

Margaret's Score: 2/15 ✓

If you are up to the challenge, please take the quiz and see how many answers you can get right

1. The average person does what thirteen times a day?
2. True or false - you can sneeze in your sleep?
3. What do you call a group of unicorns?
4. Where were fortune cookies invented?
5. What was the first fruit that was eaten on the moon?
6. How do you tell the age of a horse?
7. What sport has been played on the moon?
8. From which language did the word 'ketchup' come?
9. What language has the most words?
10. How long is New Zealand's Ninety Mile Beach?
11. Henry VIII introduced which tax in England in 1535?
12. Who entered a contest to find his own look-alike and came 3rd?
13. The UK's Dyslexia Research Trust is based in which British city?
14. Which country has the most tornadoes by area?
15. What is the cross between a zebra and a donkey known as?

upcoming events

Some of the main events which are taking place in the next few months are detailed below.

If you are interested in supporting us with these events, please speak to your supervisor or contact us to express your interest:

Armistice Day – 11th November

Remembrance Sunday – 13th November

St Andrew's Day – 30th November

Christmas Eve - 24th December

Christmas Day - 25th December

Boxing Day - 26th December



the answers to the quiz!

1. Laughs
2. False
3. A blessing
4. San Francisco
5. Peach
6. Its teeth
7. Golf
8. Chinese
9. English
10. 55 miles
11. Beard tax
12. Charlie Chaplin
13. Reading
14. England
15. Zeedonk



Her Majesty
The Queen, Elizabeth II
1926 - 2022