

Dundee Volunteer and Voluntary Action's (DVVA) vision is a socially just, healthy and sustainable Dundee that is culturally diverse where people's voices are heard and power and decision-making is equally shared.

As of 1 October 2019, Dundee Volunteer and Voluntary Action (DVVA) has brought together Dundee Voluntary Action and Volunteer Dundee into one organisation, combining our expertise in the following areas:

- Healthcare and Wellbeing – working together to provide a better, more integrated adult health and social care service;
- Community Planning and Representation – providing strong and cohesive representation of the Third Sector with clear links to Community Planning Partnerships;
- Organisational Support and Development – providing a single point of access for support and advice for the Third Sector in the local area;
- Volunteering – working with individuals, communities and organisations to involve, inspire and engage people in volunteering and make Dundee a better place.

DVVA are working with Health and Social Care Partnership Falls Strategy Group and other local third sector partners to further develop and support the Falls Prevention Strategy in delivering a range of Falls Prevention projects.

Background to the Falls Prevention Ambassadors role

In the last year, lockdown and restrictions on people meeting, general fears and uncertainties have meant that people have stayed at home, with the knock-on effect that their strength and balance has decreased and coupled with an icy winter means there has been a marked increase in falls.

We wish to establish a more cohesive approach to helping people prevent falls and recovery from a fall, whether that be in encouraging balance and strength actions, advice leaflets or signposting to services that work within this field. Previous activities within this area of work had to be halted because of lockdown and social distancing restrictions.

In order to tackle this in our current environment, we are seeking willing volunteers to get involved, share experiences with peers, plan and support the steps needed to take things forward.

There are a variety of roles listed below for Falls Prevention Ambassadors including a steering group which will be instrumental in gathering info and sharing with all concerned.

Falls Prevention Ambassadors - roles available:

Steering group

As a steering group volunteer you will be involved in shaping the way this programme moves forward. Bringing your skills and knowledge of falls either through your work or personal experience. Your motivation to look broadly at what the current provision is and to work together to share ideas and actions that help others prevent and recover from falls. An ability to work alongside other members of the steering group to progress, and create good communication channels with those within other roles to help with direction and support.

Story sharing

If you have experienced a fall, or have looked after someone in that situation, through your work or in your personal life. This is a powerful story to share with others, whether it is a proactive road to recovery, or what you missed, a service that was invaluable or any advice you can share to someone who may find themselves in the same situation. Your story can help others understand what they should do.

Story sharing may be done in a variety of ways, written, filmed, or in a conversation over the phone. In the future, when restrictions are lifted, it may be to engage with groups such as movement classes instructors, or community groups meeting socially.

Supporter and signposter

Similar to the story sharing you can help motivate people by giving them up to date information of the resources available, whether that be local balance classes, resource packs with printed information or a video link to someone speaking of their experience. This would be done initially over the phone.

Resource Hunters

We know that there are resources out there, not only in the form of printed packs and DVD's but also within services. Gathering information to feedback to the steering group allows a much clearer picture and often strengthens the ability to provide information on a range of services.

From what we know within Dundee there is some excellent resources online and partnership working, therefore it is not starting from scratch, however it is about piecing together what is already there, and how easy is it to access.

We anticipate that you may want to have a couple of roles which is welcomed.

Skills needed for this role

- Ability and desire to share your knowledge and skills with others.
- Ability to motivate others and encourage changes towards healthier/balanced/more active lifestyles.
- Good communication and listening skills.
- Patience, reliability, flexibility and good sense of humour.
- Ability to keep accurate record of people worked with and the outcomes achieved, and follow guidelines for any referral processes.
- Work as part of a team and report back to the steering group on progress and challenges.
- Communicate with Volunteer Coordinator on any matters relating to your volunteering role.
- Commitment to adhere to DVVA policies and follow procedures.

Time Commitment

There will be a good deal of flexibility, subject to any diarised events, but we would expect a commitment of approximately 2 hours a fortnight week for a minimum of 6 months.

What support will DVVA provide?

- Each volunteer receives an induction pack and guidelines detailing what they can expect from DVVA and what DVVA ask of them.

- Ongoing support from a named DVVA Volunteer Coordinator.
- Out of pocket expenses paid.
- Information on any training available