

Revealing, Recognising, Rewarding Positive Role Models

## YOPEY – the Young People of the Year charity

Woodfarm Cott, Bury Rd, Stradishall, Newmarket CB8 8YN 01440 821654 • Founder & your main contact Tony Gearing 07711255675 website www.youngpeopleoftheyear.org • email hello@youngpeopleoftheyear.org

Thank you for volunteering to become a YOPEY Befriender. This single sheet is an introduction to the scheme you have joined. You can find more information on our website yopey.org. Read the stories on the home page about YOPEY Befriender and follow the link at the top of the page to Befriender and the links in the Latest Events box, near the top right of the home page, to various YOPEY Befriender schemes. The Befriender section has ideas for things you can do with your new friends and you can also find many more on our YOPEY pages on Facebook, our Twitter feed and pinterest page, and on the internet in general.

The care home in which we have placed you has a demanding job caring for its elderly residents. Please always respect the staff and follow their instructions. However staff should know you are a volunteer (as against someone on work experience) and therefore not ask you to do any tasks, such as moving a resident or their personal care.

Please always remember the elderly residents are losing the ability to do things for themselves, can be confused and forgetful and may have dementia or another disease, which will affect the way they behave. During the time you are a YOPEY Befriender you will almost certainly see, hear or be on the receiving end of some unusual behaviour. If you are affected in any way by such behaviour please discuss it in the first instance with the staff on duty or the manager. Most of the time they should be able to reassure you and you will be able to finish your visit understanding what has happened and not be upset by it. If you are still unhappy please contact YOPEY and tell us what happened. If we cannot explain it and reassure you, we will investigate and report back to you. We will also inform your parents/guardians and school, if we feel this is appropriate.

Remember to be discreet about what you see, hear or happens to you at the care home and not share such material socially. Respect the elderly people's privacy. Do not use them as a source of gossip or to be put on your social media.

If a resident gives you a gift, especially a valuable one such as jewellery, do not upset them by refusing to take it, but pass it discreetly to a member of staff at the earliest opportunity (and before leaving the care home that day) for them to return to the resident's possession.

After each visit please record your visit on the mobile phone website **yopeyfriends.org.uk** by clicking on Submit activity at the top of the home page and then clicking on Record of Commitment in the centre of that page. This will open up a form which requires you to input the same information after each visit. We apologise that this is a bit repetitive but it still only takes minutes. One day we hope to replace this with a fully functioning app. If you know a young person who makes apps and would like to be paid to produce a YOPEY Befriender app, please put them in touch.

As a YOPEY Befriender you must be prepared to take part in publicity, photographs and filming etc. As well as the loneliness of elderly people another aim of YOPEY is to promote positive role models among the young to counteract the bad press we normally read about your generation. As a YOPEY Befriender you are a positive role model and we want to shout about you in the local media and further afield if we can.

After your first visit to the care home you will soon know if YOPEY Befriender is for you or not. If you decide not please let us know so we can offer your place to someone else. It is not courteous to simply stop going. If you decide you like YOPEY Befriender we would like you to visit weekly for at least an hour until the date agreed, usually two Christmases after you started. Obviously you will not be able to go if you are away, on holiday for example, or are sitting exams. But otherwise we do expect you to visit during school holidays as well as term time. That is why we have partnered with a care home near your school and home.