



Press Announcement

For Immediate Release: 14 January 2021

## **Your Community Needs You – Urgent Call out for Specialist Volunteers**

Community360 is calling for volunteers to help support all partners to care for our loved ones, as the NHS and other colleagues struggle with the discharge of patients from hospital to their homes and to help with their recovery process.

Volunteers are urgently needed to help with all areas of support from domiciliary care, specialist rehabilitation, to just providing a listening ear and supporting care homes who are in need of extra help.

They are urgently looking for occupational therapists, physiotherapists, personal trainers and sports exercise/injury personnel to help with motivation and rehabilitation. Carers, catering and chefs to administration and clerical professions. All who could play a part in helping the recovery of patients in their own homes and the day-to-day work of care homes, down to supporting people to stay safe and well within their own home settings that don't need to be in hospital. If you have been furloughed or retired recently and would like to use your free time to volunteer in Colchester, you could be just what they are looking for. They urgently need expert skills to support the local community, and your friends and family.

Workforce shortages have been exacerbated due to the coronavirus outbreak but have grown further as people have had to isolate, become sick or stay at home to look after their children and loved ones.

Tracy Rudling, CEO at Community360 said: We need you! Never more than now do we all need to pull together and our system colleague needs your help and support! Anyone that has recently retired or been furloughed or has some spare time please consider volunteering to help patients achieve their rehabilitation potential in these challenging Covid times. This could be from doing some simple tasks such as cooking meals and cleaning for someone to helping with exercise and motivation.

She added: "physiotherapists, occupational therapists and sports personnel are experts in motivating people and whilst our NHS are treating the sickest of people in

a hospital setting, you could help discharged patients do their exercises set by their physios or occupational therapists once they are home. To make sure they get the best chance of recovery. We know many people are living on their own and will rely on this support.

If you have specialist skills and would like to use them to support a good cause, we can match you to the right volunteering opportunity and make it easy and rewarding for you to give back. You will be part of a team and could really make a difference to the local population.

In light of the Covid-19 outbreak, the incredible support our valued network of inspiring volunteers provides has never been more important. If you feel you can join our family of volunteers who are continuing to make a positive difference and help local communities across Colchester at this difficult time, we would love to hear from you.”

The CCG are happy to provide training and PPE to keep everyone safe while helping others.

Anyone interested can apply directly 01206 505250 or go to Volunteer Essex <https://www.volunteeressex.org/opportunities/covid-community-support-12421/>

Ends

#### **Editors' notes**

For further information please contact Community360 on 01206 505250 or email [information@community360.org.uk](mailto:information@community360.org.uk)

Or Sonia Shelcott Millriver Publicity 07775 613079

**Community360** is an independent charity Established in 1968 to assist charities, voluntary and community organisations in Colchester and Braintree (300+) through any activities which provide representation, enable development, encourage liaison, nurture strategic partnerships and provide support to promote voluntary action.

Our frontline services are developed in response to local needs and not only assist established community groups but are designed to address unmet needs, with project development defined by the communities we work with to improve their outcomes and life opportunities.

These include Community Development, Community Transport, Shopmobility, Volunteer Centre, Timebank and Community Accounts. We signpost members of the public, provide training for low level skills, apprenticeships and volunteer recruitment. Groups receive assistance on fundraising, business planning, constitutions, policies/procedures, monitoring/evaluation and Quality Marks.

