

# Volunteer Newsletter



HOME OF LOVING FAITHFULNESS



*Come & join us!*

If you would like to volunteer with us but are not sure what you can do, we have put together some suggestions below. Come and join us and let's have fun together! There are many different ways in which you can bless us at HOLF. If you have an hour or two a week or just half day once a month there's always something that will work for both you and us. There is no set formula. You can reach us through the attached sign up sheet and we will be in contact to get you started and we'll be there to support you along the way!



## ***Around the home***



### **Let's share your skills and interests!**

Individuals (or small groups) with an interest or skill in storytelling, art and craft, baking or similar creative projects can come and work with our residents.

### **Your company is important!**

Our family members all benefit from the company of others. If you have time to spare, then come and read, sing or just spend time with them in the garden. Simple interactivity is important to keep all of us engaged in the wider world around us.

## **Zoom + IT Activities**

At the moment our family members do not have as many people to interact with due to schools and centres being closed. It is vitally important that we keep their relationships alive and social skills active. If you have some spare time and would like to spend twenty to thirty minutes doing a zoom activity then please contact us and share your ideas. We will then try to set up a meeting that will be convenient for both parties. Suggestions for these meetings are 1-1 sessions such as story time or basic educational lessons such as fun and simple science experiments. To reach out to a group via zoom you can host singing or music sessions or a basic exercise or movement class. Let's connect online!

If your skills are geared towards technology then we are always looking for IT, Social Media and Online communication experts to help us to connect with our volunteers and supporters.

Technology can also be of an immense support to people who have communication limitations, therefore, if you have experience with specific apps and augmentative and alternative communication programmes (AAC) and feel as if you can help our residents to grow their skills in this area then please reach out to us.

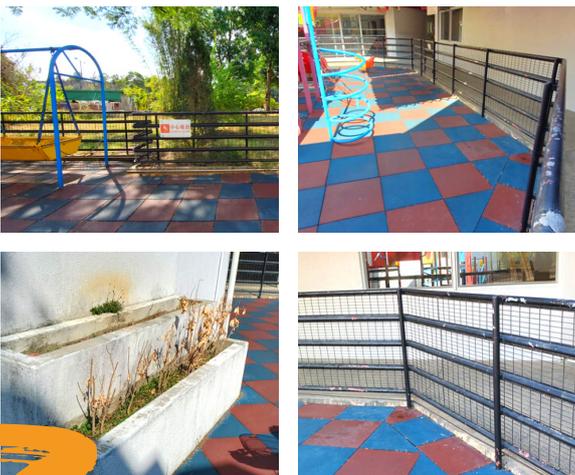
*If you have an interest in volunteering directly with our family members but are unsure how to interact with a person with communication impairment then I suggest that we connect you with Dee, our resident training Programme Coordinator. She can answer your questions and support you as you get used to your new volunteer role.*

*Groups or teams are very welcome to join our outings offsite and this will help staff a great deal.*

## **Join our project!**

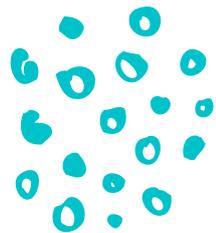
### **Gardening and Maintenance Projects**

Teams can also help with gardening work and maintenance projects around the home. If you enjoy more physical or outdoor work then you can come and help out in these areas.



### **Plant Donation**

Do you want to add some colour to these areas? If so, you can pass on any unwanted plants, seeds or cuttings? We welcome your donations which will help to support our garden transformation project. Pots of low-maintenance plants are highly appreciated.



***We welcome your creative ideas and we recognise that everyone comes with their own individual skills and gifts. We invite you to share these with us. We also value volunteers with training in Speech, Physio or Occupational therapy, as our residents benefit greatly from help from experts in these areas.***



# Sensory Garden



## ***Creative Installations***

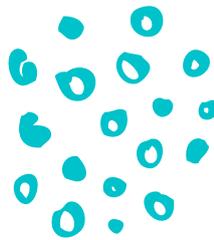
For the next few months we will be thinking of what creative installations would make our sensory garden look great and what would catch the eyes and imaginations of our residents. If you feel excited about this and would like to get involved, then that would be fantastic! Here is some inspiration...

We have some practical needs as we begin to set up and create. We want to turn these dirty old tires into these colourful planters and seats.

## ***Wellie boot flower pots***

We are planning to make some wellie boot flower pots like this.

If you have any old colourful boots that your children have outgrown and would like to bring them in along with a flowering plant, we can partner you up with one or two of our residents in order to plant and tend to them. Our residents would love to see these eye-catching installations knowing that they have helped to create them!!



## ***Old Wooden Wine Crates***

In the spirit of recycling and reusing, we would like to invite anyone who has any old wooden wine crates to bring them for us to use as herb planters. You can be a part of teaching our residents what it is like to grow something that they can eat. Herbs are a delight to the senses so this will be a great project to work on! Here are some examples to inspire you!



## ***Sense-stimulating Installations***

A sensory garden engages all of the senses and we mean to include some installations that call to each and every sense. Garden installations such as chimes, mosaics, windmills and light catching materials will be placed where they can help our residents to keep alert and moving, drawing their eyes to different heights and positions.



These are some ideas that have inspired us to get started. Do you have an interest in making something to hang in the trees or on a fence? We would love to hear your ideas! Let's get creative together!

## ***Volunteer Days***

Just like many of you, we have had to put our plans and dreams on hold this year because of Covid 19. This springtime we will be working hard to get all of our beautiful flowers and trees planted and our installations ready so that our family members can begin to enjoy them.

We will have continuing projects related to the upkeep of the sensory garden which we would love to ask for your help with. As the saying goes, many hands make light work!!!

If you are interested in this project then please contact us at [info@holf.org.hk](mailto:info@holf.org.hk) and let us know which area of work you are interested in. We look forward to seeing you soon!!!!

## ***Thank You***

Last but my no means least we would like to give a huge shout out to our volunteers who have supported us so well up until and during the latest restrictions. Our residents have received so many benefits to their mental and emotional well-being through having regular interaction and activities with you all, not to mention the positive impact you have upon their social skills and cognition.

The relationships that you build are precious and valuable. Thank you all so much.

We couldn't have and can't do it without you!!!



*Thank you for dreaming with us!!*