



Friend in Deed

CREATING FRIENDSHIP ACROSS GENERATIONS

Little Visitor Handbook

So, you're interested in volunteering with Friend in Deed! Thank you for supporting the work we do at Friend in Deed and for helping us to create friendship across generations.

Friend in Deed - our purpose

Friend in Deed is a registered charity that helps create friendship across generations by organising intergenerational projects that aim to enrich the lives of others with the primary aim of promoting kindness.

Our aim is to focus on improving the mental and physical health of the people within your care, including those living with dementia, who can so often feel forgotten and alienated from their communities. We run activities and events to bring children of all ages into your care home, helping to break down the barriers between generations, reduce loneliness and transform our perception of age to create lasting change in years to come. As part of Friend in Deed, you are helping to create a more caring and inclusive society and we are so pleased that you are part of this exciting journey.

What to expect from a Little Visitor session

Little Visitor sessions are relaxed events which involve a group of babies, toddlers and children going into a care home with their parent or guardian to engage with residents by chatting and playing games. Some residents will want to engage directly with

your Little Visitor, and some will get enjoyment just from observing.

If you have never been into a care home or attended a Little Visitor session before, please let a member of staff know on arrival so that you are directed to the right place.

In a care home, you can expect to meet older people with a variety of needs. Some residents may be hard of hearing, so it is useful to face people when speaking to them and to talk loudly and clearly, and don't be afraid to repeat yourself. Some residents may struggle to communicate if they are living with dementia or another condition in which case don't be disheartened if you don't get a response. These residents may still get something out of hearing you and your Little Visitor communicate, even if they don't respond. If a resident asks for any help (e.g. asks to be moved, to be given a drink, or any other assistance) please explain that you are not in a position to help them and instead ask for a member of staff. Older people can be more vulnerable to illness so please do not attend sessions if you or your Little Visitor are unwell. If you are unsure, please call the care home directly to check. It is also advisable to wash your hands before and after Little Visitor sessions.

Each week we have a theme for sessions which can help to give guidance of what to bring along (i.e. jigsaws, poetry). This information can be found on our website but if in doubt, please just bring your Little Visitor's favourite toy. Care homes are often very warm environments, so we would always recommend that you dress your Little Visitor in layers which can be removed.

Thank you once again for supporting our work!

Kelly Lindsay, Director