

Why did I chose this volunteering opportunity

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What options did I consider?

Within my search for a volunteering position I considered many different areas to consider volunteering. Ranging from the specials program within south wales police to a mental health hotline worker.

I considered;

What can this role teach me?

Is this role relevant to my potential future career?

How does this role help my local community and assist the organisation which i volunteer for?

What experiences will I and can I experience whilst at this placement?

What options did i consider - continued

Although these were the main considerations, other factors such as proximity and viability to maintain my commitment were considered and implemented.

The main goal of the placement was to enhance my existing skills and abilities by contributing time and effort into learning this new role.

A primary motivator for searching for this placement was to familiarise myself with the public services institution and seek development as an individual.

My choices were supported by *National Careers Service (no date)*, which explained how volunteering assists with getting into public service and how it can grant the skills and abilities required for a future career in policing

What did I chose?

*(Welsh Ambulance
Services University NHS
Trust, no date)*

My decision was to volunteer for the welsh ambulance service as a volunteer community welfare responder. Which is a role that assists ambulance workers and the NHS by being available to respond to calls to take observations and to do welfare checks on unwell individuals.

I chose this volunteering placement due to it being in my view and the view of the NHS a role of importance in today's community health and a method to develop my skills as an individual within a public service area as well as get used to the environment surrounding public service based employment.

This role allows me to become more knowledgeable in the field of medicine but also becoming more adept at navigating service within a public role.

What can a role as a community welfare responder teach me?

Firstly , this volunteering role comes with mandatory first aid and medical evaluation training which is a transferable skill. Enhanced first aid training including trauma aid training is mandatory for all police officers to attend and be proficient at using.

This placement will give me a unique chance to experience how to use this training first hand and give me a opportunity to establish skills and develop my ability to remain calm under pressure, all vital skills for a potential future police officer.

The role will teach me how to be responsible for the welfare and safety of another member of the public which is a vital lesson to learn particularly for a police officer.

(College of
Policing, 2023)

How is this placement relevant to policing?

*(Everyturn
Mental Health,
2023)*

Although not directly connected to the police service at large my volunteering role as a CWR or community welfare responder is a valuable step towards public service employment and works as a branch of potential common understanding. As I will be familiar with NHS standards and protocol and will be a efficient cross institutional translator.

The Welsh government, police and NHS have all made public pledges of partnership. As previously mentioned having the previous knowledge on first aid will also be beneficial.

*(Yorkshire Ambulance
Service NHS Trust,
2025).*

What will this role do for the NHS?

Although the role of CWR is brand new being only a few years old and only being fully realised a year ago. The NHS has recognised it is a vital role in reducing waiting times and unnecessary hospital visits. As CWR's are scattered across the entire country they are often closer and more available than most ambulances.

The NHS main purpose is to maintain the health of the British public and ensure everybody can live comfortably knowing there is a system in place to keep them safe provided something did occur. Although at the moment due to a myriad of reasons the waiting list for hospital is very long. CWR's help cut down on this by going to people rather than people going to hospital. I plan on being as receptive to being taught as I can and be as efficient and helpful to patient as possible. To help the NHS with its goals and objectives

What experiences will I get from this position?

(Leeds City
Council, 2025)

CWR is not an emergency responder nor is it to be treated as one. The experiences this will allow will be primarily based on evaluations and procedure rather than direct care. This is not a negative from my prospective. Police commit a lot of time to welfare checks which are essentially just evaluations of someone's health. This position will give me a valuable lesson on how to evaluate people whether it be physically or mentally.

A significant portion of the experience of a CWR is that of communication under stress as everything a CWR does whilst caring for someone is communicating with a clinician in a control room. This teaches volunteers how to remain calm under pressure and deliver accurate and precise communication, all vitals skills for any career.

How I plan to develop my skills in this position

Having and establishing first aid training is a highly important trait within the public service line of work as it is a vital universal skill that can save lives this is a skill I plan to develop whilst volunteering. As well as this learning how to navigate a massive and complicated bureaucracy and system such as the NHS will be a good step towards learning how to understand large institutions and work within them.

Having a lot of rules and regulations to follow whilst volunteering as a CWR is a natural progression towards the vast and complicated ruleset and obligations that a police officer holds. Although the responsibility of a CWR is limited it is still significant enough to experience real responsibility for someone's safety.

What would be required of a volunteer for this role?

The selection process and vetting required for this role is significant, which gives me valuable experience with how vetting and selection works. The role requires the ability to maintain calmness under stressful situations and the ability to quickly and efficiently learn and utilize a specific skill set.

The role also requires a level of commitment to local communities. Spending hours in lessons all for the community with no pay is a valuable lesson in self sacrifice which is a vital lesson to learn for a public service worker.

The role requires no prior medical knowledge and the only thing required is to have the capacity to learn.

*(Welsh Ambulance Services
University NHS Trust, no date)*

(Disclosure and
Barring Service, 2024)

Conclusion

I believe this volunteering position will be a helpful and useful method of developing my personal skills and abilities. It also gives me the opportunity to assist in something larger than myself and learn how to exist in a large institution which is a difficult task. It will teach personal responsibility and valuable life skills such as first aid and instruction taking. As the role is predominantly instruction based it will give me necessary experience in taking instructions from individuals with more experience and knowledge which will in turn boost my own knowledge and ability.

This role will give me the unique chance to enhance my abilities as in individual and hopefully make me a better fit for the police service and grant me skills and experiences required for all forms of employment.

Reference slide

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