

# No-one Dies Alone Ayrshire



*Compiled by Susie Laing*

Volunteer, No-one Dies Alone Ayrshire (NODA)



NODA Ayrshire is a registered charity providing companionship for those who are dying and alone.

Our trained volunteers sit with people in their final hours and offer support to those with families that need respite.

NODA's ethos is to make a difference in Ayrshire by training and empowering people to help each other cope at the end of life.



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This poster is part of  
the SPPC Poster  
Parade 2022

The logo for the Scottish Partnership for Palliative Care, featuring a blue circular icon with a white 'S' and the text "Scottish Partnership for Palliative Care" below it.

# Our Services



## Companionship and Emotional Support

First and foremost we provide companionship and emotional support to those who are dying and alone, or who feel alone, from the moment of diagnosis.



We help families to be with their loved one by offering them a break, stepping in for them, or being there with them. Our aim is to relieve the loneliness and isolation of anyone dealing with end-of-life issues.



## Bereavement Groups

Our wellbeing/bereavement groups provide a safe place for discussion, offering support for those who've been struggling with grief. We also work with sound baths and drum therapy.



## Paths For All

We hold regular health walks which are open to everyone. Our hopes are to build a more compassionate and connected community, helping people to get healthier in both mind and body.



# About Us



**NODA began in October 2018 and is the first project of this kind set up in Ayrshire.**

We received our charitable status in October 2019 and continue to go from strength to strength, gaining more volunteers, supporters and exposure.

Our volunteers are ordinary members of the public who have been trained by NODA to understand end-of-life changes and challenges, and who aim to provide a nourishing and emotionally supportive presence.

All hold current PVGs, are trustworthy, good at listening, attentive, and respond to whatever situation they find themselves in with a sensitive and conscientious approach. Many are professionals from the care sector and we continually use their feedback to adapt and improve our training and delivery methods.

NODA currently has over 40 volunteers and holds regular training and wellbeing events to ensure they are equipped to deal with the sensitive nature of our services.



Caring for our volunteers is as important to NODA as caring for those that need our services.

# How To Make A Referral



## Each referral is tailored to suit the individual.

Once a referral is received, we use a secure online rota system for our volunteers. Only the town where the assistance is required is entered and no personal information is stored.

Volunteers who are able to offer support then receive a telephone call and given brief essential information about the referral, and can usually attend to it within a few hours. Each referral is tailored to suit the individual and we will always try to work around any care plans already in place.

Anyone can make a referral by contacting us:

 07393 498763 / 07858 151969

 [noonediesaloneayrshire@gmail.com](mailto:noonediesaloneayrshire@gmail.com)



when there's no-one else there's NODA