



Move To Thrive Project Volunteer Role Description

Project overview:

The 'Move To Thrive' project for people with dementia and their carers is a partnership project with Age UK STW, Forum 50+, Telford & Wrekin Council's Public Health and Adult Social Care Teams, Community Resource and The Alzheimer's Society.

The project will provide combined social and physical activity sessions for people with dementia and their carers in a community venue supported by a 'buddy' Support Worker system, and will provide an 'at home' offer for people unable to attend the group sessions.

The project will include an array of training for sustainability and legacy, with the objective of improving health and wellbeing, bringing people together, strengthening capacity within this community, building upon current relationships and empowering the individual.

Outline of role:

- Welcoming participants to the group physical activity sessions on arrival, including people with dementia and their carers.
- Supporting participants to get themselves a drink and snack, and fill in the survey form, before and after activity sessions.
- Supporting the activity providers and participants with the booking-in and payment process as well as helping to monitor everyone's wellbeing throughout the session..
- Encouraging participants to take part in the activity and develop social interactions with each other.
- Support participants to build trust and confidence to book onto and attend future sessions.

Responsibilities:

- Read and understand this Role Description before starting and carry out your duties in accordance with these guidelines and the purpose of the project.
- Be mindful of your own and the participants' health, safety and welfare.
- Report any changes to rota arrangements as soon as possible.
- Report any concerns or problems that need further referrals or investigation.
- Not share information about participants or what they tell you with anyone else, unless there are safeguarding concerns.
- Undertake any training necessary for the role, such as Dementia Awareness training.

Key Skills:

- Good listening and communication skills.
- Understanding of the needs of older people in the community.



- Patience and sensitivity.
- Understanding of the needs of people with dementia and their carers.

Time Commitment:

- Volunteers can choose which sessions to support on a rota basis. It is hoped that there will be 1 or 2 volunteers present at each session.
- Sessions are on Tuesday mornings from 10.45am - 12noon and/or Thursday afternoons from 1.30 - 2.45pm in Oakengates.
- In addition, there may be training courses to attend, e.g. Dementia Awareness training.

Location of physical activity sessions:

Oakengates Rest Room, Charlton Street, Oakengates, TF2 6BS

Rewards:

- The opportunity to meet new people.
- The satisfaction of helping people who because of your support become more physically active.
- The knowledge that your support is helping the mental and physical health and wellbeing of people who may feel marginalised, isolated, and excluded.
- The knowledge that your support is helping to create a more inclusive community for everyone.

Additional information:

- Every volunteer will receive the mandatory induction which covers Safeguarding, Professional Boundaries, Unconscious Bias and Mental Health Awareness.
- Every volunteer will have access and be signposted to any other training which Community Resource feels is appropriate for the role.
- Volunteers are covered by Aviva Insurance Ltd public liability and personal accident insurance while working with us.
- Volunteers must be **18** or over. There is no upper age limit.
- Travel expenses will be covered.

If interested, please contact Sue Chalk at Community Resource

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