Telford & Wrekin Co-operative Council

Move to Thrive
Activity for people with dementia and their carers

Become a Move to Thrive volunteer!

Would you like to volunteer to support people with dementia and their carers?

For our 'Move To Thrive' project for people with dementia and their carers, volunteers are being recruited to support people who attend the activity sessions as part of the project.

Move to Thrive 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.

It will provide combined social and physical activity sessions for people with dementia and their carers, plus training opportunities, to improve health and wellbeing, bring people together and empower the individual.

The Move to Thrive volunteer role will involve welcoming people with dementia and their carers who attend the group physical activity sessions in Oakengates, helping to monitor everyone's wellbeing throughout the session, and encouraging participants to take part in the activity and develop social interactions with each other.

Training and travel expenses provided if needed.

Interested?
If so please contact Sue Chalk, Community Resource
Email: sue.chalk@community-resource.org.uk
Phone: 01743 342161

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