

## **Positive Activity Groups Volunteer Role Description**

We are looking for friendly, caring individuals to volunteer within our Positive Activities Social Groups which are spread across Hull and East Yorkshire.

The aim of these groups is to provide regular social inclusion to groups of people aged 50 years and over. The groups promote participation, reduce loneliness, encourage conversation and having fun! Our groups are user led, meaning that the participants help make the decisions for what happens within their group. Each group holds different activities within it such as bingo, raffles, quizzes or exercises.

### **Personal qualities and experience for this role:**

- Enjoy conversation and listening
- Understands the issues that some older people may face
- Be trustworthy, reliable and committed
- Have a sense of humour!

### **Training:**

An induction session will prepare you for your role, along with supervision at the group.

### **How much time is involved?**

We have various groups across Hull and East Yorkshire, you can help within as many groups as you want. Group sessions last for around 1-2 hours, but we can be flexible with the time you can give.

### **Tasks:**

- Helping to prepare the venue for the group session – sorting chairs/tables and making sure there is adequate space
- Ensuring refreshments are available and assisting group members with refreshments
- Welcoming members as they arrive
- Taking contact details of new group members
- Joining in conversation with the group members and encouraging participation
- Helping staff with the activities of the session
- If any group member needs additional support, refer them to the member of staff
- Maintain confidentiality
- Follow the organisations policies and guidelines
- If there is any change to your circumstances that may affect your volunteering, let us know

### **Benefits Offered:**

- Full Insurance cover
- Volunteer recognition events
- References given if required
- DBS

### **For further information about this role:**

[hello@ageukhull.org.uk](mailto:hello@ageukhull.org.uk)

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