

Age UK Barrow & District, College House, Howard Street, Barrow In Furness, Cumbria, LA14 1NB

**Tel** 01229 831425, **Website** [www.ageuk.org.uk/barrow](http://www.ageuk.org.uk/barrow)

**Volunteer Opportunity – Social group support**

Are you friendly? Do you like meeting people? Do you want a rewarding experience?

**Description:**

Whilst you are volunteering, you will be working with other Age UK volunteers to support older people in the community access a variety of social groups. You will need to have a good understanding of how attending groups and activities can combat loneliness and help isolation in older people.

**Role description**

* To work with Age UK Barrow and District staff and volunteers to deliver a variety of physical and social activity groups
* Provide support and company to older/vulnerable adults.
* Help to plan, deliver and participate in social groups and activities.
* Carry out tasks within a group setting which enables people to attend and provide them with help and support.
* To encourage older adults to attend a range of different activities.
* Provide feedback to the Age UK team regarding group activities.
* Ask clients to sign attendance sheets and pass back to the activities coordinator.
* Ask clients to complete surveys, feedback forms and questionnaires from time to time so we can improve sessions and create activity sessions based on demand.

**What experience / skills are needed? (Training is provided)**

This is a flexible role that gives you the opportunity to meet new people and gain new skills. Whilst experience isn’t essential, we expect our volunteers to have a good understanding, knowledge and experience in any the following areas:

* Ability to remain calm and take a problem-solving approach to address challenges
* An ability to communicate clearly and sensitively with vulnerable adults
* An ability to take initiative and help create new groups for vulnerable adults
* A confident communicator with the ability to talk to groups of people in informal and semi-formal settings
* Able to travel to different venues within the local community

**What you can expect from us:**

* To be made to feel welcome and become part of a friendly and helpful team
* Appropriate and relevant training to assist you in your role
* Reimbursement for travel expenses
* A named person to support you in your role

If you feel you have the necessary skills and would love to be part of a great team, helping to raise money for the local community, then please contact **Tracey Schofield, Volunteer & Services Coordinator on 07584351886 or email tracey.schofield@ageukbarrow.org.uk**