**Active Together**



A Partnership Project based at Age UK Bristol



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| Role title | **Active Together Volunteer Buddy** |
| Purpose of the role | * To enhance the health and wellbeing of a person living with dementia through improved access to social activities and increased physical activity
* To improve the self-confidence of a person living with dementia so they can go out to pursue social interests
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| What you will be doing | * Accompanying a person with dementia with whom you share an interest to participate in that activity. Examples might include:

GardeningGolfSwimmingWalkingPlus any you would like to suggest* Meet person with dementia at their home and travel together to chosen activity, and back to their home afterwards
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| Skills, experience and qualities needed | * Empathy for people who may be experiencing a loss of their former identity and confidence
* Awareness of the impact of social isolation
* Self-confident, positive and resilient personality
* Open minded, patient and non-judgemental
* Good listening and communication skills
* Enthusiastic, reliable and committed
* Open to learning and able to reflect on experiences
* Confident in using public transport, walking or driving with someone who may need support
* Able to complete paperwork relevant to role – e.g. record of outings and expenses forms
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| When and where | * Once per week, or once per fortnight, for one year – days and times flexible based on the match
* Activities will take place in the Bristol area
* Training and supervision sessions will be in central Bristol/by phone
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Continued overleaf

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| Support offered  | * Induction
* Training – dementia specific training as well as training in safeguarding, boundary setting etc.
* Regular supervision meetings with professional working in the field of dementia
* Each match to have a trial period of six weeks to see if it is working out for both parties – either can withdraw at this point
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| What you could get out of it | * Regularly participating in an activity you enjoy while knowing that you are making it possible for someone else to take part too
* Gaining knowledge and experience of being with someone with dementia
* Meeting new people including other volunteer buddies with whom you will share supervision and peer support sessions
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| Expenses | Expenses will be reimbursed – this includes travel expenses and cost of activity. There is a maximum of £10.00 to be claimed from any one outing. |
| Other relevant information  | We will require all Active Together volunteers to have/carry out an enhanced DBS check |
| What to do if you’re interested | Contact clarehavard@ageukbristol.org.uk Or for a chat about the role please call Clare Havard on 0117 929 7537 (working days Tuesday and Friday) |