**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 |
| What you will be doing | * Accompanying a person with dementia with whom you share an interest to participate in that activity. Examples might include:   Gardening  Golf  Swimming  Walking  Plus 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 |
| 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 |
| 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 |

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 |
| 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 |
| 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](mailto:clarehavard@ageukbristol.org.uk)  Or for a chat about the role please call Clare Havard on 0117 929 7537 (working days Tuesday and Friday) |