

Calderdale Dementia Hub



ROLE DESCRIPTION

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| ROLE: | Cognitive Stimulation Therapy (CST) Group Support Volunteer |
| ACCOUNTABLE TO: | Calderdale Dementia Hub Volunteer Coordinator |
| HOURS: | 3 Hours per session (each group will consist of 8 weekly sessions) |
| LOCATION: | Dependent on group |
| EXPERIENCE: | No specific experience is required |
| COMMITMENT: | 3 hours over 8 weekly sessions per group – with additional preparation time prior to the group starting |
| ISSUE DATE: | 14.06.23 |
| REVIEW DATE: | 01.06.24 |

Would you like to help support the local community to live well with dementia? Have you got great communication skills and are adaptable to the needs of others? Calderdale Dementia Hub are looking for volunteers to help deliver this service.

CALDERDALE DEMENTIA HUB (CDH)

CDH is a partnership between Community Links and Age UK Calderdale & Kirklees and offers an information, advice and signposting service for anyone living in Calderdale diagnosed with dementia, and their friends, family and carers.

ABOUT THE ROLE

Cognitive Stimulation Therapy (CST) is a brief, evidence-based treatment for people with mild to moderate dementia. Our CST Groups involve 8 sessions of themed activities, delivered weekly. Sessions aim to actively stimulate and engage people with dementia, whilst providing an optimal learning environment and the social benefits of a group. Sessions run for around 2.5 hours with breaks.

Each group is offered to up to 12 participants and facilitated by trained CDH staff supported by volunteers

OUTLINE OF ROLE:

As a volunteer you would be supporting CDH facilitators at each session of the CST group

MAIN TASKS:

1. Helping to set up the room and tidying away at the end of the group
2. Escorting clients to and from transport and other parts of the building (after manual handling training has been completed. This training is offered free)
3. Assisting group participants with preparing and distributing refreshments and with washing up (after a food hygiene certificate has been obtained. This training is offered free)
4. Welcoming and talking to people with dementia
5. Enabling people who have dementia to engage in group activities to enhance their learning and engagement
6. To carry out any other duties which may be required and are consistent with the role

THE IDEAL VOLUNTEER WILL HAVE

Essential

- Good communication as well as active listening skills
- Awareness or interest in learning about dementia
- Enjoy meeting people.
- Flexible and cooperative response to working in a team
- Good interpersonal skills
- Can demonstrate empathy and compassion
- Honest and reliable with a pleasant and friendly manner

Desirable

- Able to travel independently
- Able to commit to regular weekly sessions

Behaviours and values

- Willingness to understand the issues and barriers related to people affected by dementia
- An open-minded approach to individuals, avoiding judgement and stereotyping.
- Enjoy working with others.
- A commitment to and understanding of equal opportunities.
- Patient and understanding.
- Ability to work as a team player and a positive approach to supervision.

TRAINING AND SUPERVISION:

In house training and guidance will be provided during your Induction Period. We also provide ongoing learning and development throughout your volunteer experience along with regular supervision.

BENEFITS TO YOU:

- We will make you feel welcome, included and respected
- Receive one to one and group-based support
- Access to Induction, Learning, Development and Engagement.
- Gain practical skills and experience
- Join a great team of like-minded people
- Enhance your CV
- Expenses reimbursed as agreed with the volunteer coordinator

Interested? Please contact **Dawn on 07513 727438** or **01422 399833** for more information and to arrange an informal chat. *We look forward to hearing from you!*