

## **Sharing Time Volunteer Role Description**

### **Introduction**

AgeUK Cambridgeshire is an independent, local charity which exists to improve the life of older people in the county. The charity meets this objective by:

- Providing services
- Campaigning for a better deal for older people
- Working in partnership with other organisations
- Identifying, and finding new ways to meet new and changing needs

**Volunteer role:** Sharing Time Volunteer

**Key contact:** Area Organiser

**Location:** Usually at 'matched' service user's home address

**Time Commitment:** Minimum of one hour per week

**DBS check level:** Enhanced level check

### **Role Purpose**

To offer support to those who find themselves isolated and lonely in later life, by offering time, friendship, and support.

### **Skills/Abilities and experience beneficial to the role**

A real desire to make a difference to older people's lives but you may also have:

- An ability to work with older individuals together with an enthusiastic and friendly approach
- An understanding of the need for company to reduce social isolation for older individuals
- An ability to recognise issues concerning the client's health, wellbeing and quality of life and feedback to Age UK
- Be reliable and committed to older individuals and the charity, with the ability to empathise and engage with the individuals from all walks of life, regardless of cultural or social background.

### **Tasks/responsibilities**

The below list is an example of the tasks required in the role of Sharing Time volunteer; not all tasks will be required, and it is up to the service user and the volunteer to decide how they would like to spend time together:

- Sharing conversation, encouraging reminiscing, looking at photos
- Listening to music/the radio and sharing conversations about it
- Watching a TV or film together
- Playing board games or doing a crossword puzzle together
- Making or accepting a cup of tea/beverages
- Helping to fill out a form if confident to do so, posting a letter
- It may be possible to take the service user for an occasional trip. If you would like to take your client out, your CAR MUST BE INSURED. You must

also speak to your organiser first to discuss your client's needs and address any potential risks.

### **Training Required**

Age UK induction training is mandatory, and you cannot start your role until you have completed this training. There may be additional service specific training required. All volunteers are encouraged to attend volunteer meetings to share experiences and receive training and support from Age UK Cambridgeshire & Peterborough.