

## Volunteer Task Description

<b>Role Title:</b>	<b>Community Volunteer Navigator</b>
<b>Where:</b>	Working Across Tower Hamlets, in Royal London Hospital, University College London Hospital, GP Surgeries, Visiting individuals
<b>When:</b>	Once/twice a week for 2 hours
<b>Purpose of Role:</b>	<p>Support individuals who have are lonely, suffering depression, have had a fall or discharged from hospital in engaging in group discussion and activities.</p> <p>Support people in gaining confidence and being able to refer people to relevant groups and organisations.</p> <p>There is a possibility that one to one work may be undertaken with people who are housebound or unable to get out and with the user do some form of arts and crafts or gentle exercise to stay fit i.e. Card making, seated exercise, strengthening upper body</p>
<b>Key Responsibilities</b>	<ul style="list-style-type: none"> <li>• Encourage services users to engage in activities</li> <li>• Provide support and encouragement</li> <li>• Record relevant service user details for monitoring</li> <li>• Create a fun and inviting environment</li> <li>• Attend meetings with the team.</li> </ul>
<b>Skills Required</b>	<ul style="list-style-type: none"> <li>• Good communication with a friendly approachable manner</li> <li>• Good listening skills</li> <li>• Patience</li> <li>• Reliable and committed to do at least one session a week</li> <li>• A flair for creativity</li> <li>• A great sense of humour</li> </ul>
<b>What's in it for you:</b>	<ul style="list-style-type: none"> <li>• It will give you great feeling knowing that your time and skills have helped others</li> <li>• Do something that is inspiring and rewarding in your spare time</li> <li>• Develop new skills or enhance existing knowledge</li> <li>• You will make a difference to the people's quality of life you are volunteering with and give back to the community</li> <li>• You will gain specific Listening and communication</li> </ul>

	<p>training twice a year and independent supervision (via an independent consultant) to address any issues and feelings that may come out of group discussions and also looking at a person's own self development.</p> <ul style="list-style-type: none"><li>• Receive training around exercise and muscles in the body.</li></ul>
For more information contact:	<p>Please email <a href="mailto:sharon.waddams@ageuktowerhamlets.org.uk">sharon.waddams@ageuktowerhamlets.org.uk</a> should you wish to volunteer with Age UK East London or download the application form and send into the address on the form.</p>