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| Volunteer Role: Carers’ Group Helper (monthly)We are looking for dynamic, patient and caring people to support those attending our Carers Group. The Group aims to give carers a space to talk to others and gain peer support while their cared for person engages in conversation and activities with staff and volunteers. Volunteers are needed to help with activities and practical tasks such as serving refreshments. |
| **Service:** | Budding Friends/Carer Support for people with a diagnosis of dementia |
| **Name & purpose of service:** | To provide support for those caring for someone with dementia.  |
| **Location:** | Sycamores Centre, Mount Pleasant, Exeter, EX4 7AE |
| **Role supervisor:** | Penny Unitt, Carers Support Service Co-ordinator |
| **Day & time:** | 3 hours on 1 Friday per month - 11:30am – 2:30pm **Staring on Friday 20 April 2018** |
| **Main tasks:** | * To engage with people with a dementia and build a rapport
* Support those with a dementia while their carer attends the Carers’ Group (in same location)
* To be empathic and understand the possible anxieties of both carer and cared for
* To help with activities such as puzzles, darts, crafts etc
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| **What we need from you:** | * An understanding of (or willingess to learn about) dementia and its effect on people living with the condition
* An understanding of the needs of carers
* Able to treat older people with respect and without judgement
* Empathic and caring personality
* Dynamic and confident in engaging with a variety of people
* Patience and understanding
* Open minded and able to see people as individuals
* Willingness to complete role relevant training
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| **What we offer you:** | * A very warm welcome
* Good induction with role relevant training
* Reimbursement of travel costs
* The opportunity to meet new people, make new friends and become part of a thriving local charity
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| **How to apply:** | * Interview with Volunteer Co-ordinator
* Complete a volunteering application form
* Provide 2 satisfactory references
* Attend Introduction to Age UK Exeter Workshop
* Attend Dementia Awareness Training within first 3 months
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| **For more information:** | Cassie Leicester, Volunteer CoordinatorTel: 01392 202092Email: c.leicester@ageukexeter.org.ukWebsite: [www.ageukexeter.org.uk](http://www.ageukexeter.org.uk) |