



## Springboard Social Group Community Supporters

Our Springboard Social Groups provide a welcoming space for older people to meet up, have a chat and enjoy a cup of tea together. Ensuring older people are connected socially is hugely important, the Springboard Social Groups provide an environment for friendships and support systems to grow. We often have visitors coming to speak to the groups, run some activities or provide information on local schemes. With so many groups now established, it would be hugely beneficial to place an Age UK Gloucestershire Springboard Supporter with each group to ensure these social groups continue to be such a success!

### Role Overview:

This ongoing role will pair you up with an existing Springboard Social Group in need of an Age UK Gloucestershire Supporter. Becoming an active member of the group is first and foremost what this role entails; attending regularly, building relationships with those who attend and developing an understanding of the groups' desires. As a Supporter you will be given training to ensure you have a solid understanding of the services Age UK Gloucestershire offer as well as receiving ongoing communication from our teams about the latest guidance and assistance available around the county. This will allow you to share your knowledge with the Springboarders, keeping them well informed on issues linked to later life and aware of how to access any help needed.

#### Travel Requirements:

Travel would be required if the group is not local to you

#### Time Requirement:

2 to 6 hours a week depending on the group(s)

### The groups looking for an Age UK Gloucestershire Supporter are:

<b>Mondays</b>	<ul style="list-style-type: none"> <li>Waterstones Cafe, Gloucester, 10:30 until 12</li> <li>The Keepers Community Centre, Wotton-under-Edge, 11 until 1</li> </ul>
<b>Tuesdays</b>	<ul style="list-style-type: none"> <li>Brockworth Community Centre, 1:30 until 3:30</li> </ul>
<b>Wednesdays</b>	<ul style="list-style-type: none"> <li>Waterstones Cafe, Gloucester, 10:30 until 12</li> <li>Holiday Inn, Cheltenham, 11 until 12:30</li> <li>Churchdown Library, 2 until 3:30</li> </ul>
<b>Fridays</b>	<ul style="list-style-type: none"> <li>Waterstones Cafe, Gloucester, 10:30 until 12</li> <li>Longlevens Community Centre, 10:30 until 12</li> <li>Quedegeley Library, 10:30 until 12</li> </ul>

### Requirements:

- Friendly character, it's really important the Springboarders feel welcome and comfortable attending the Springboard Social Groups.
- Enthusiastic, engaging with the people attending and looking for ways to improve their experience is key to this role.
- Organised, you may coordinate guests visiting the group, from our teams or other organisations around the county.
- Confident building relationships, both with those attending and visiting the group.
- A standard DBS check is required for this role and will be provided if you do not have one.

**If this role sounds like a good fit for you, please get in touch.**

Email [volunteering@ageukgloucestershire.org.uk](mailto:volunteering@ageukgloucestershire.org.uk) or call 01452 422660 to chat to Gail Harrison about this role, organise your DBS check and set a date for your training.