



**Remember Together
(Dementia MCST)
Volunteer**

Overview



The Remember Together (Dementia MCST) project offers volunteers the opportunity to contribute to the successful planning and delivering of a series of stimulating activity sessions to a group of older people living with mild to moderate dementia.



What does Remember Together involve?

MCST stands for Maintenance Cognitive Stimulation Therapy, which is a group treatment for people with mild to moderate dementia. MCST groups meet weekly and each session aims to actively stimulate and engage people living with dementia in a learning and social environment. Activities can include things such as word games, physical activity and group discussions.

We are looking for volunteers who can support our Remember Together MCST sessions by

- Helping Project Leads to facilitate group activities for older people with dementia
- Encouraging and motivating people at the group to take part in activities
- Meeting and greeting participants and supporting with refreshments or any access needs
- Assisting Project Leads to gain feedback about the groups from attendees



Can you help?

- Do you have a kind, caring and friendly manner?
- Are you reliable, enthusiastic and supportive?
- Are you patient with others and have good communication skills
- Have you experience of supporting older people or knowledge relevant to MCST and dementia?
- Can you commit to volunteering on a regular basis e.g. once a week at the same time for a minimum of 4 weeks?



Volunteer Commitment

All Age UK Leeds volunteers are offered a full induction. Volunteers also have access to training, informal supervision, briefings and opportunities to participate in social events. Age UK Leeds will provide specific training on Safeguarding, Professional Boundaries and anything relevant to the role.

All agreed out of pocket expenses such as travel costs will be met by Age UK Leeds.

We offer:

- support and training
- work experience
- opportunity to develop new skills and interests
- chance to meet new people
- an opportunity to contribute to and be part of an established organisation specialising in the knowledge and understanding of the older people of Leeds

If necessary for the role being undertaken, a full DBS will be completed, which we will organise, and references received before commencement.



How to apply

To find out more about volunteering with Remember Together (Dementia MCST) please email mcst@ageukleeds.org.uk or call 0113 389 3000