

## Wellbeing Centre and Extra Care Schemes – Activities Facilitator

<b>Project:</b>	Wellbeing Centres and Extra Care Housing
<b>Time requirement:</b>	2-3 hours per week - morning or afternoon sessions including weekends.
<b>Location:</b>	<b>Wellbeing Centre or Extra Care Schemes in North Tyneside</b>
<b>Accountability:</b>	<b>Kerry Parker</b> – Head of Professional Care
<b>Required training:</b>	In- house supervision plus Induction programme (to include awareness of customers' requirements before commencing volunteering as well as manual handling, escort and wheelchair training as appropriate) <ul style="list-style-type: none"><li>• General Volunteer Induction to include (Dementia Awareness) – <b>Mandatory</b></li><li>• Wheelchair awareness - <b>Mandatory</b></li><li>• Basic health and safety awareness – <b>Mandatory</b></li><li>• Safeguarding Training</li></ul>

**DBS (formerly CRB):**      **Yes**

### **Purpose of the role:**

To liaise with staff to identify, organise and deliver regular weekly activities for customers (e.g. Bingo sessions, Arts & Crafts, Sing Along, Coffee mornings, Film Club, Pamper sessions, Gentle Exercise, quizzes, reminiscence groups etc)

### **Duties of the volunteer:**

- To agree the content of sessions with Team Leader
- Supplies and any purchasing of materials to be agreed with Team Leader
- Set up room prior to customers arriving
- Greet customers on arrival and make them feel welcome

- To encourage participation by customers where appropriate
- Deliver activity
- Enabling customers to increase interaction, aid memory and raise topics for discussion
- Make refreshments and help with tidying up
- Ensure staff are aware of any problems.

**Skills that are required/desirable:**

- Good communication skills especially verbal skills
- To be of a caring nature and enjoy working with older people
- Good listening skills
- Trustworthy
- Punctual & Reliable
- Patient
- Team player
- Organised

**Benefits to the volunteer:**

- Spending time with older people
- Making new friends and enabling customers to make more of life
- Feel good factor!
- Gaining new skills, knowledge and experience that are transferrable