

Wellbeing Centre Volunteer

- Project:** Wellbeing Centres
- Time requirement:** Ideally 5 hours daily (or dependent on individual concerned) minimum of 2 hours - day to be arranged
Lunch can be provided for volunteers who are on site 4 hours+
- Location:** Rowan Croft, Killingworth or Cedar Grove, Wallsend or Linskill Park, North Shields
- Accountability:** Wellbeing Centre Team Leader
- Required training:** Food Hygiene (where applicable),
Health and Safety
Manual Handling
General Volunteer Induction – **Mandatory**
Fire Safety Awareness – **on site by project**
Safeguarding Training

DBS (prev. CRB): Yes

Duties of the volunteer:

- General day-to-day support of older people
- Making tea and toast and serving food
- Washing dishes and light clearing up duties
- Helping out with activities
- Listening and talking with customers

Skills that are required/desirable:

- To be of a caring nature and enjoy working with older people
- Team player
- Good listening skills
- Good communicator

Things you will not be doing:

- Personal care (bathing/toileting)

