



Volunteer Role Outline

Community & Activities Volunteer



Mission Statement

To care for and work with older people and their carers' in and around the City of Plymouth to improve their quality of life through the promotion of choice, opportunity and independence

Community & Activities Volunteer

These roles are a part of our Gateway to Services Lottery funded project. The projects aim is to reduce loneliness and isolation through social activities and engagement, we have different volunteer roles available which will help us achieve these aims.

Community Volunteer

The role will involve supporting clients to activity sessions within the Plymouth area. This role is also to enable older people who are lonely or isolated to connect and communicate with others by supporting them to 'buddy up' with likeminded people.

Activities Volunteer

This role will involve supporting our Active Living Team in delivering activities in the community 4 times a week over two days. Tuesdays sessions are 10am-12pm and then 1pm-3pm in Mount Wise Community Centre, Fridays sessions are 10am-12pm and then 1pm-3pm in the Manadon Health and Wellbeing Centre.

By carrying out these roles you will be

- increasing the client's opportunities for social interaction
- assisting them in developing new social relationships
- improving their overall wellbeing
- working under the direction and guidance of the Gateway to Services Project Manager and Volunteer Co-ordinator.

What Skills does a Community & Activities Volunteer need?

A Community & Activities Volunteer needs:

- Good listening and communication skills with a non-judgemental and empathetic approach
- Confidence to be able to get involved in activities and encourage participation
- To be able to work in a team, as well as on a supervised 1-2-1 basis if needed

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- To be reliable and conscientious in offering a regular commitment to liaise with service users
- Patience
- Enjoy spending time with the elderly
- Able to adhere to service guidelines and manage appropriate boundaries, including understanding the need for confidentiality
- Able to take part in any relevant staff training days

What Training do we provide?

Successful applicants would need to undergo a series of training sessions regarding the type of enquiries we get on a daily basis and all about Age UK Plymouth. These sessions are mostly delivered via e-learning and can therefore be completed remotely.

How much time do we expect you to give?

Once trained, we would ask that you commit to at least a morning or an afternoon. From time to time it may be useful to attend team meetings and additional training days to keep up to date with new legislation.

For the Activities Volunteer we ask you to be able to attend at least one of the time slots.

What is our commitment to you?

- We will provide initial and ongoing training to help you develop your knowledge and skills.
- We will continue to support you in your role, providing information and advice as necessary.
- We will discuss with you any problems you may have with your role.
- We will discuss with you any concerns we may have about the way you carry out your role.
- We will reimburse reasonable, approved out of pocket expenses.

What is the next step?

Complete and return the volunteer application form with the names of 2 referees, to Age UK Plymouth. Application forms will then be used to select suitable applicants to interview. Both of these roles require a DBS Check, carried out by Age UK Plymouth.

Hours of Support:

As agreed.

Responsible to:

Gateway to Services Project Manager

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