**WELLBEING CENTRE VOLUNTEER**

**ABOUT THE ROLE**

Our Dementia Wellbeing Centres provide a full day of activities and support based on a Maintenance Cognitive Stimulation Therapy approach which is proven to delay the onset of dementia symptoms. We believe that memory loss shouldn’t be a barrier to fun, friendship and stimulation for the mind. We’re passionate about creating a safe, loving and welcoming environment for our members. In addition, by providing a strong support network, families can feel valued and better equipped to deal with the challenges they may be faced with on a day to day basis. The Wellbeing Centre is run by staff and volunteers.

Being a volunteer may involve:

* Helping to organise and run activities such as arts and crafts, music, singing, games, jigsaws, photography, local history, yoga, meditation, baking, pool or drama
* Meeting and Greeting customers
* Providing hot drinks and snacks
* Chatting with and supporting customers
* Being able to be flexible and supportive with the staff at the centre as well as the customers
* Contributing to the organisation of carers events at the Wellbeing Centre
* Maintaining confidentiality and a customer-centred approach whilst improving the quality of life of carers.

Watch a short (3m 26) video about our Dementia Wellbeing Centres by [clicking here](https://youtu.be/Xvw8hRU4rqU) or copying the following link into your browser: https://www.youtube.com/watch?v=Xvw8hRU4rqU

**BENEFITS TO YOU**

* Experience in providing support on an 1-1 or group basis
* Experience working with people with memory loss, (mild to moderate dementia)
* Experience in co-ordinating a service that directly impacts upon the wellbeing of individuals and their families
* Learning about dementia and memory loss
* Organisational skills and opportunity to coordinate sessions
* Forge new and interesting relationships
* Develop new skills and take part in varied activities
* Beneficial for anyone interested in psychology/social work/dementia/arts etc.

**THE SKILLS YOU’LL NEED**

* An understanding of communicating with people with memory loss
* A sensitivity and practicality in communicating with customers and carers
* Understanding the importance and impact of a strong support network
* Excellent communication skills and ability to discuss support based on individual needs

**ADDITIONAL INFORMATION**

* LOCATION: Norfolk Park, Botanical Gardens, Clifford House/St Luke’s and Hillsborough
* TIME COMMITMENT: Can be worked half or full days, ideally at least once a week. We ask you to be available for a minimum of 3 months. This is especially important for continuity with our customers.
* RESPONSIBLE TO: Wellbeing Centre Coordinator
* EXPENSES: Travel expenses will be reimbursed – Lunch is provided if working a full day
* TRAINING: Ongoing training is provided