

Our Mission Statement

Age UK Sunderland aims to promote the well-being of all older people throughout the City of Sunderland, improve their quality of life and help them maintain independence

Aim of Project:

The Social Focus Project offers a chance for people aged 50+ with mild to moderate depression, anxiety or stress to get back involved in the community. Looking at what they would like to do and what the barriers are to maintaining their quality of life, independence and reducing their anxiety and stress. The service supports independence and wellbeing, helps to prevent isolation and loneliness, and rebuild social networks later in life. Ultimately, this service can enhance the quality of life for all older people and reduce the likelihood of, or delay the need for, more intensive and expensive health and social care services.

Role Outline

Main Duties:

- To make regular visits/communication to isolated or lonely older members of the community
- Motivate service users to stick to their support plan
- To raise awareness and promote the services of Age UK Sunderland
- To adhere to the relevant Age UK Sunderland policies and procedures, such as Confidentiality, Health and Safety, and Equal Opportunities.

Your role will require you to:

- Visit service users who live at home for companionship
- Promote independence
- Inform project co-ordinator of any problems
- To participate in gatherings for the support and benefit of volunteers if needed

Specific Responsibilities

- Tasks vary according to individual need but may include:
 - making a cup of tea and having a chat
 - escorting them to local shops/activities/services
 - providing company to alleviate isolation
- Record visit on client file and pass to Co-ordinator at end of each month

Expenses: Age UK Sunderland will repay any agreed expenses (e.g. travelling) on production of receipts/bus tickets. Forms to be completed monthly.

<p>PLEASE NOTE: This post is subject to an Enhanced DBS clearance. This means that this post is exempt from the provisions of the Rehabilitation of Offenders Act 1974 and any unspent convictions must be declared. This post is subject to a 6 – 8 week trial period.</p>
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Person Specification

- A liking for and empathy with older people
- A keen interest in supporting people with ill mental health
- Good communication skills
- An understanding of the need for confidentiality
- Reliability and trustworthiness
- A sense of humour

Hours of work: Case dependant, to be agreed with the Project Co-ordinator and client.

Responsible to: Social Focus Project Co-ordinator

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