

## Volunteer role Description



### Men's Group Facilitator

#### Introduction

“Volunteering has given me a purpose again. I was a cabbie and I used to love meeting people and chatting about ‘this and that’. After retirement, I had all this extra time, but my days just blended into one. Since starting volunteering, I’m meeting people again and making new friends. I literally feel like I’ve got a reason to get up again in the morning. I’m so proud to be part of this team and helping in the community. It’s raised my self-worth. I’m laughing again and it has also improved my health”.

Age UK West Sussex, Brighton and Hove enable older people to Love Later Life. Our aims are to promote the wellbeing of all older people; to make later life a fulfilling and enjoyable experience and to enable people to flourish .

#### Responsible to:

**Hayley Dower**, Senior Community Developer - Age UK West Sussex, Brighton & Hove

#### Based at:

A venue in Pulborough. Dates and times to be arranged with the volunteer.

#### Key responsibilities:

To Facilitate a small group of men in a small friendly pub to meet up in a laid-back informal environment, The group can be shaped to the needs of the client group and can be run as is convenient to the facilitator which could be weekly, fortnightly or monthly. For up to 2 hours. Clients can buy their own drinks as needed from the bar.

#### Role requirements:

- Due to the Specific type of group, ideally, we would like a Male to facilitate this
- Friendly
- Fun
- Enjoy meeting people and supporting them to love later life

### **How will we support you:**

You will be provided with induction training and be shown how to work to guidelines to be sure you are confident and able to carry out your volunteer role. Induction training will cover an introduction to Age UK West Sussex Brighton & Hove and its' services, policies and procedures. All relevant training will be free to volunteers. You will receive on-going support and training to carry out your role effectively and be able to enjoy doing so with confidence.

### **What will you get out of volunteering for Age UK West Sussex, Brighton & Hove:**

Meeting others, having fun and a sense of fulfilment. If you are looking for a job we can give you some experience whether you have worked in this setting before or not. We will train you so you will gain knowledge of working in a charity sector and that will help you in your search for a job. We can also give you a written reference.

### **Volunteer Agreement**

I have read and understood the above Role Description and would like to become a volunteer for this service.

Signature.....

Date.....