

Men's Group Leader at Burgess Hill
Silver Bullet

Role Title: Men's Group Leader
Responsible to: Mid Sussex, Senior Community Developer
Purpose of role: To help run a Men's Group to reduce social isolation in older man
Location: Constitutional Club, 32 Cyprus Rd, Burgess Hill, RH15 8DX
Hours: Ideally 2 hours on the 4th Thursday of every month

About Age UK West Sussex, Brighton & Hove (AUKWSBH):

AUKWSBH is a local charity working in our community to help older people. Over the years we've grown in order to provide vital services to those in need, firstly as Age Concern, then in 2010 changing our name to Age UK. Initially we were three separate organisations: Age UK West Sussex, Age UK Brighton & Hove and Age UK Horsham District. We merged in 2020 to become AUKWSBH.

About the role:

As a Men's Group Leader, you will be facilitating 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 leader which would run monthly, for up to 2 hours. Clients can buy their own drinks as needed from the bar.

Main tasks:

- Ensure the relevant information on group and clients is recorded and sent to the appropriate person

Role requirements:

We are looking for people who are:

- Ideally a male to facilitate this specific type of group
- Understanding of the needs of older people
- Understanding of the need to observe confidentiality in informal settings
- Kind, empathic and patient
- Fun and have a friendly character
- Keen on meeting people and supporting them to love later life

How we will support you:

You will get ongoing support. You will also be invited to attend volunteer support sessions, where you will always be encouraged to share your thoughts and concerns.

Induction and training:

You will get a full induction and there will be training. This will help you do the role well and confidently.

Benefits of volunteering:

- Be part of a growing team making a difference in the community
- Make new friends
- Enrich the sense of fulfilment and strengthen connections to the community
- Develop abilities in communication, problem solving and empathy
- Learn about our Charity's work
- Enhance employability through the valuable experience and knowledge gained with us

You will make a big difference to the lives of older people in West Sussex, Brighton & Hove. This experience can help you build your skills or apply for paid jobs.

How to apply:

Sign the agreement below and send it to richard.harris@ageukwsbh.org.uk

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Volunteer Agreement:

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

Print Name……..……..

Date……..……..