



# Volunteer Role Outline

## 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*

### **Activities Volunteer**

This role will involve supporting our Active Living Team in delivering activities to our Jolly Elders group weekly in the community. Roles are available as follows; Mondays @ Central Park (Jolly Elders), Tuesdays @ Mount Gould (Lunch Club), Fridays @ Manadon Sport and Wellbeing hub (Jolly Elders). All of these sessions run 1pm-3pm.

### **By carrying out this role 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 Activities Co-ordinator.

### **What Skills does a Activities Volunteer need?**

An 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
- 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?**

**Age UK Plymouth is registered as Plymouth Age Concern a registered charity No 281820 and company limited by guarantee. Registered in England and Wales No 1499927. Registered Office: William and Patricia Venton Centre, Astor Drive, Mount Gould, PL49RD.**

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?**

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:**

1pm-3pm once a week.

**Responsible to:**

Activities Coordinator