



Dementia-friendly Alton



Volunteer – Role Description

Would you like to make a positive difference to someone's life?

Could you help a person with dementia or their carer regain some confidence, so they can participate everyday things like: visiting an attraction; singing; dancing; craft work; puzzles and artwork? Are you a good listener? If so, you could be a Dementia-friendly Alton (DFA) – see how it works below:

Work alongside:

Other members of the volunteer network of DFA

Location:

Alton and surrounding villages

Hours:

A minimum of around 3 hours per week mostly weekdays (There are some limited opportunities for volunteering during evenings, weekends or to take on a role that requires activity less often)

About Dementia-friendly Alton

DFA is an established community group that is run by people for local people with dementia and their carers. We provide a range of confidential and accessible services in Alton and the surrounding area. We help hundreds of people with dementia every year to improve their mental health and well-being so they can experience a better quality of life.

DFA's series of events provides a consistent and varied support network to people who have a diagnosis or about to be diagnosed with dementia as well as all others who face social isolation. DFA volunteers help people with dementia and their carers to gain in confidence and self-esteem and to alleviate isolation by building up their social support networks and engage in community activities. In addition to supporting local people with dementia, DFA also collaborates with other health care agencies (NHS and voluntary) to enhance and raise awareness of support available. Shops and other service providers in the community (dentists / opticians etc) are also supported by DFA with the delivery of awareness sessions and advice regarding strategies / practice to support clients with dementia and their families / carers.

What will I be doing in this volunteer role?

Providing practical and emotional support. This involves:

- Offering non-judgemental listening support and helping people to achieve their goals and become more independent.
- Offering ordinary friendship and promoting positive and healthy relationships.
- Getting out and about to do everyday things such having a coffee, doing an exercise or art / craft class, attending a dance or singing event or visiting an attraction.
- Supporting /gently encouraging people to make changes to improve their lives.



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The Queen's Award
for Voluntary Service

What experience do I need?

DFA provides induction training and supervision, but it's helpful if you have some of the following skills and qualities:

- To be non-judgmental, reliable and patient.
- To be a good listener.
- To be enthusiastic and interested in helping someone regain confidence in doing everyday things, such as joining an activity class.
- To be honest and friendly with good communication skills.
- To be confident in social situations.
- To have the ability to calmly respond to the needs of people with dementia.

What commitment do I need to give?

- To volunteer for at least 2-3 hours a week ideally.
- A willingness to travel anywhere in Alton and the surrounding area and to factor in travel times added to you weekly or fortnightly commitment.
- To attend and complete Volunteering Induction and other training as required.
- To attend quarterly meetings for planning and ongoing development of the service. Group supervision / reflection is planned from Sept 2019 and will be held in office location in Alton, on a monthly basis at a time to be agreed with volunteers / committee. Individual supervision can be arranged as necessary.
- To adhere to DFS's guidelines, policies and procedures including Safeguarding, Equalities and Confidentiality policies.

What you will gain as a volunteer

- A rewarding experience and opportunity to make a positive difference.
- Comprehensive in-house training that will enable you to develop new skills and broaden your knowledge.
- Support and supervision
- On-going training and opportunities for personal development.
- Valuable experience of providing face to face support in a mental health setting.
- The chance to meet new people and attend volunteer social events.

What to do next:

Please complete all sections of the Volunteer Registration form and email to: dementia_friends@btinternet.com or return by post to Dementia-friendly Alton, c/o Alton Community Centre, Amery Street, Alton, Hants., GU34 1HN

If you would like help with completing your application, or have any questions about the role please leave a message for Karen Murrell on 07922 022321 and she will contact you.