

VOLUNTEERING MATTERS

Volunteer Activity Lead (Lifelines)

Volunteering Matters is a national charity creating and supporting volunteer-led projects across the UK. Our **Lifelines** project focuses on activities and support for older people across the city, with the aim of improving health and wellbeing, as well as combating loneliness and isolation.

Role Description:

We are looking for enthusiastic, committed and creative volunteers who want to run a regular session for over-50s in the Brighton and Hove area. We run many different groups: from exercise sessions, arts and craft activities to singing, dancing, Bridge and various other flavours of board game.

Currently we are looking for someone to run a Reminiscence group; passionate cinephiles who would like to host a movie afternoon/evening; anyone who is able to run activity classes and someone to host a singing group. We are also very open to your ideas, so if you think you could run a session that is not listed here, we want to hear from you!

You **must** be based in or very close to the Brighton and Hove area in order to hold a weekly or fortnightly session in the city.

Outline of responsibilities

- Running a regular session (either weekly or fortnightly) and keeping Lifelines staff informed of any weeks of holiday, etc in good time, in order that attendees can be notified
- Setting up and packing away the activity, being aware of the different support needs that attendees might have and of health and safety best practice
- Where appropriate collecting data (registers of attendance/surveys) and money for the session and storing it safely/passing on to a member of Lifelines staff

- Being aware of any safeguarding issues that might arise and reporting these back if you have any concerns

Volunteer Requirements

- An interest in working with older people
- The ability to confidently lead a group activity (with the support of another volunteer if appropriate/available) and to support the attendees to participate fully
- Good levels of self-organisation and reliability
- Able to commit to volunteering for a period of at least 3 months
- Two professional references

What we will provide you with

- We will provide you with full training for the role
- We will provide the necessary equipment to carry out the role
- We will pay for reasonable expenses such as mileage
- Opportunities to meet and socialise with other volunteers
- The opportunity to use your skills and experience to improve the lives of others

To apply: Contact Thelo Clarke, Engagement Manager

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