

## Dementia Friends Wanted



**Are you interested in Dementia** or would like to know more about it and be involved in our service?

We are looking for volunteers to be **Dementia Friends!** Where better to ask than our existing pool of vibrant volunteers!

### **What will it involve?**

Delivering six planned session activities to each person. Three of those in their own home and three accompaniments to a local Dementia community group. You can support as many people as you have time for.

### **What's the aim?**

Supporting a person living with mild/moderate dementia and their carers by introducing simple and fun activities. These activities can include but are not limited to: reminiscence activities; looking at old photos, music from the past, arts and crafts; simple exercises for making the person living with dementia feel independent and in control and encouraging them to continue attending community groups; and ideas on activities for carers to continue with.

### **What training?**

We will be providing an in-person training sessions, shadowing an experienced member of staff, along with available online training resources.

### **What skills and experience do I need?**

Good communication skills, understanding boundaries, empathetic and patience. Experience of working with people living with Dementia is an advantage.

### **When?**

We need you now! Once you are matched, you must be committed to 6 weeks 1:1 session or more with those living with Dementia.

### **How do I sign up?**

Email [volunteerhub@h4all.org.uk](mailto:volunteerhub@h4all.org.uk)