



Befriender Volunteer

Hillingdon Stroke Support, Uxbridge

When stroke strikes, part of your brain shuts down. And so does a part of you. That's because a stroke happens in the brain, the control centre for who we are and what we can do. It happens every five minutes in the UK and changes lives instantly. Recovery is tough, but with the right specialist support and a ton of courage and determination, the brain can adapt. We believe everyone deserves to live the best life they can after stroke. And it's a team effort to get there.

We provide specialist support, fund critical research and campaign to make sure people affected by stroke get the very best care and support to rebuild their lives.

Stroke Association support groups provide vital support for people affected by stroke in their local area. Built on friendships and fun, groups are a safe and supportive space to try things again, to learn more about stroke and self-care and to build people's confidence as they rebuild their life after stroke.

Main purpose of the role:

In this role you will be attending weekly meetings and ensuring each group member is encouraged to take part in the activities provided. You may be required to provide tea and coffee to the group members. This role is suitable for those who are not IT-confident and would like to have a simple friendly chat with attendees.

Within the team, you will ensure that any issues raised in terms of health, housing, or advice are addressed to the rest of the volunteer team to ensure recommendations to the relevant services are given.

You will be invited to the team group chat to keep up to date with events and upcoming activities.

Commitment required:

Weekly on a Monday, 10:30am – 12:30pm for 6 months plus. Long term volunteers are desired. The group is held in Bailey Hall, Christ Church, Redford Way, Uxbridge, UB8 1SZ.

Benefits for you:

Uphold a supportive community for stroke survivors and carers in your local area.

Meet new people who care about the same things and develop interpersonal skills.

Build the confidence and independence of people affected by strokes.

Learn about the services in Hillingdon and improve your knowledge of how services can support our group members.

Develop new skills to improve your CV and employability through working with a national UK charity.

Partake in outings and trips at a reduced cost, and claim expenses through the Stroke Association, which cover equipment and travel.

Each meeting also brings surplus food (bread and sandwiches) from Hillingdon Vision as well as free refreshments during the meeting.

Training and support given:

Free online learning system Kalidus Learn carried out at your own pace.

Other:

- Travel expenses can be claimed monthly with proof of a transportation ticket or mileage accrued.
- A Disclosure and Barring Service (DBS) check is required for this role, carried out by HSSG.
- There is free parking whilst you carry out your role.
- A reference can be requested after 3 months of volunteering.
- You may need to complete an additional form for Stroke Association.
- Should you carry out any driving within the role (this would be agreed separately) proof of licence and insurance must be produced.
- You must be aged 18 years and over to carry out this role.

To apply for this role:

A H4ALL application form must be completed. Please note we require two references.
To obtain an application form:

- Visit www.h4all.org.uk and download or print an application form
- Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post
- Telephone 01895-676-111

Send your fully completed application form by:

- Email to volunteerhub@h4all.org.uk
- [Post to H4All, Volunteer Development Team](#), Key House, 106 High Street, Yiewsley, UB7 9BQ