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| Title: | Social Wellbeing Volunteer |
| Main purpose & overview of role | <p>To provide a friendly, supportive environment to people over the age of sixty-five, encouraging social contact, and physical activity to help reduce isolation in the community.</p> |
| Responsibilities and activities | <ul style="list-style-type: none"> • Make tea and coffee, prepare light refreshments • Assist with various activities: Chair exercises, Quizzes, Bingo, Games, Arts and Crafts, Group discussions on various topics • Occasionally (with the coordinator), accompany clients on trips and events that are outside of the club • To facilitate and encourage social interaction between group members, being sensitive to different cultures and beliefs • To ensure that group members are involved in individual/group discussion and/or activities • To help in the setting up of rooms for activities, for example moving tables and chairs <p>Interactive Club: Specific Skills</p> <ul style="list-style-type: none"> • As above and to be able to interpret when necessary (Somali, Urdu, Hindi or Punjabi) • Need to have the ability to move tables/chairs |
| Qualities and experience required | <p>Training will be given for any physical exercise activities</p> <ul style="list-style-type: none"> • Experience of dealing with members of the public in a professional way • Good interpersonal skills and be able to talk to a wide variety of people • Empathy and an understanding of the issues that face older people • Enthusiasm and reliability |
| A commitment to the role and time required | <p>We would like all volunteers who join Age UK Hillingdon, Harrow & Brent to join with the intention of staying for at least twelve months</p> <ul style="list-style-type: none"> • Attend an annual review meeting with your line manager. • Attend any relevant training for this role • You will not undertake any form of employment (whether paid or unpaid) for any person (including Age UK HHB clients) that you have met as a result of carrying out your duties. Furthermore, you will refrain from contacting any person (including Age UK HHB clients) that you have met as a result of carrying out your duties, nor will you provide such persons with the means of contacting you directly outside the formal means within the service |

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| Checks to be completed for role | DBS check required |
| What can you expect from volunteering at Age UK Hillingdon | <ul style="list-style-type: none"> • Clearly defined voluntary role within the organisation • Provide induction, information and training to enable you to carry out your role effectively • Support your development within the role and your personal development by offering appropriate induction, training and feedback opportunities • Provide you with the policies, procedures and standards of the organisation in relation to volunteers • Provide an accessible complaints procedure • Provide references where needed after 6 months volunteering • Out of pocket expenses |
| Still interested? | <p>An H4ALL application form MUST be completed. We require two references.</p> <p>To obtain an application form: Visit www.h4all.org.uk and download or print an application form Or Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post</p> <p>Send your fully completed application form by: Email to volunteerhub@h4all.org.uk Or Post to H4ALL, Volunteer Development Team, Key House, Yiewsley, UB7 9BQ</p> |

Age UK Hillingdon, Harrow and Brent is committed to safeguarding and promoting the welfare of all older people and children within the London Boroughs of Hillingdon, Harrow and Brent