

DEMENTIA CARING - TIME OUT CLUB

VOLUNTEERS WANTED

Dementia Caring is a small locally based charity supporting people with dementia and their caregivers. We are currently seeking volunteers to help run our once-a-week Time Out Club. The club takes place every Wednesday morning at Elford Village Hall, Church Road, Elford, B79 9DA. The aim of the club is to support local people with dementia, and their caregivers, within an affordable and accessible day care setting.

As a volunteer, you will be part of a team that helps to provide a range of activities aimed at helping those living with dementia to maintain a healthy, active, social and stimulating lifestyle. You will also be helping to provide some much-needed respite to their caregivers.

Key tasks include:

- Greeting and making attendees of the Time Out Club feel welcome;
- Interacting with people; being friendly and approachable; providing company; and helping those with dementia feel settled, safe and secure;
- Helping to establish, maintain and develop relationships with those with dementia and their caregivers;
- Providing one-to-one support where appropriate;
- Be involved with the planning, organising and staging of a range of activities including table top games; arts and crafts; exercise and games;
- Providing help with domestic tasks such as serving refreshments and washing-up;
- Helping to set up the village hall as well as clearing up at the end of the day care session

In undertaking these tasks, you will become an integral part of dedicated team, offering opportunities to apply existing skills as well as learning new ones. It will involve taking on new challenges and discovering hidden talents. All of which will be undertaken within an environment that is very friendly, supportive and lots of fun.

Please note that volunteers are not required to undertake personal hygiene tasks. These are all undertaken by trained and experienced Personal Care Assistants.

In terms of commitment, we would like volunteers to be available for up to two days per month. Given the location and the lack of public transport it will be necessary for volunteers to arrange their own transport. However, there is a possibility of organising car sharing.

If you are interested in joining us as a volunteer then please get in touch with Barry Coleman at: Dementia Caring on 07769 690244 or via email at barry.coleman@hotmail.co.uk