

# Support group volunteer

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.

## What the role involves:

As a support group volunteer, you will help the existing volunteers with the running of the group and **take specific responsibility to be the Health and Safety Lead for the group.** The role is designed to suit the needs of the group, and the skills of people offering support. If you enjoy getting to know your community, working with others and making a real difference then this is the role for you.

In this role you're likely to be involved in the following:

### Supporting the running of the group

- Leading or facilitating meetings with the volunteer team. Discussing the running of the group and making sure decisions are made collectively.
- Communicating with members about the group over email and other channels.
- Buddy to other volunteers.

### Welcoming and supporting people in the group

- Welcoming speakers, new members and visitors.
- Supporting members to take part in conversations and activities.

### Planning group activities

- Supporting other volunteers to plan group activities, trips and outings.
- Completing membership forms for all group members.

### Setting up meetings

- Helping to set-up and clear away at group venues.

## Who the role might suit:

- A people person, with good listening skills
- A great communicator who enjoys meeting new people
- Good at putting people at ease
- Reliable and organised
- Passionate about supporting people affected by stroke
- IT literate, have good administrative and record keeping skills and be able to follow relevant policies

## What the role can offer you personally:

- As a support group volunteer, you will be part of creating a supportive community for stroke survivors and carers in your local area and online.
- The role is an opportunity to connect with and support your local community.
- You will meet new people who care about the same things.
- You will make a real difference to people's lives.
- A chance to develop new skills with a UK wide charity, which can improve your CV and employability.

## Training for this role:

We provide all of our volunteers with training so they feel confident in the role and are able to give the best support to stroke survivors and carers. Our courses are accessed via an online learning system called Learn.

**Essential training** for the role is:

- The Stroke Association's People welcome session (2.5 hours over Learn)
- GDPR (online module over Learn and factsheet)
- Safeguarding training (online module over Learn)

### **For volunteers who take on specific health and safety and first aid responsibilities:**

- Health and Safety for Groups (online module, over Learn)
- First aid (face to face all day training with St John Ambulance)
- Fire safety reminder (fact sheet)
- Any appropriate refresher training

**Additional learning opportunities** are available to develop your skills and experience:

Stroke: What you need to know / Supporting communication after stroke / Hidden Effects of Stroke

**We also offer ongoing support and expenses where appropriate.**

## **Where and when you would volunteer:**

The role is located in: Hillingdon Stroke Support Group, Bailey Hall Christ Church, Redford Way UB8 1SZ

You would be volunteering Every second Monday between 10.45am and 12.45pm

The person to contact about this role is: Rose Abrehart on [rose.abrehart@stroke.org.uk](mailto:rose.abrehart@stroke.org.uk)

A Disclosure and Barring Service (DBS) check, an Access NI check or membership of the Protecting Vulnerable Groups (PVG) scheme is required for this role.

**Our vision** is for there to be fewer strokes, and for people affected by stroke to get the help they need to live the best life they can.

**Our core purpose** is to be the trusted voice of stroke survivors and their families. We want to drive better outcomes in stroke prevention, treatment and lifelong support for everyone affected by stroke.

**Volunteer and**

**make a difference.**

Find out more about stroke, what we do and how you can help:

**[stroke.org.uk](http://stroke.org.uk)** or call our

Stroke Helpline: **0303 3033 100.**