

Support group volunteer

- Communication Support

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 with the running of the group. The role is designed to assist stroke survivors in developing their communication skills in small groups or 1 to 1.
- 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:

- Discussing the running of the group and making sure decisions are made collectively.
- Supporting other volunteers to plan group activities, trips and outings.
- Communicating with members about the group over email and other channels.
- Supporting members to take part in conversations and activities.
- Completing membership forms for all group members.
- Promoting the group on social media and managing the group's online presence
- Helping to set-up and clear away at group venues.
- Preparing and providing refreshments.
- Planning fundraising events and activities.
- Finding out about local funding opportunities.

Who the role might suit:

- A people person, with good listening skills and able to support people in an empathetic and non-judgemental way
- You need to be willing to learn and use the technique, called 'supported conversation', that is used to support people with communication difficulties.

- If you are someone who enjoys conversation, meeting new people and likes to try new things, then this role might be a good one for you.
- Good at putting people at ease
- Reliable and organised
- Passionate about supporting people affected by stroke
- IT literate, 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.
- The role is an opportunity for you to gain practical experience of working with people who have been affected by stroke, an understanding of the effects it has on them, and the challenges they face
- 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.

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 online module)
- GDPR (online module 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)
- 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:

Hidden Effects of Stroke / Emotional Impact of Stroke / Supporting People with Aphasia

We also offer ongoing support and expenses where appropriate.

Where and when you would volunteer:

The role is located in: Maldon Library, White Horse Lane, Maldon, Essex, CM9 5FW

You would be volunteering: Every Monday between 13:30pm -15:00pm

The person to contact about this role is: Anya Pratt, Engagement Officer on Anya.Pratt@stroke.org.uk or call 07983 545283.

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 or call our

Stroke Helpline: **0303 3033 100.**