

Stroke Association Voluntary Groups provide long term social and peer support to people affected by stroke. They organise events and meet together to reduce social isolation and rebuild the confidence of members. Committee member roles are varied and interesting because they take on duties to suit the needs of their local group.

What the role involves:

As a voluntary group committee member you would support the organisation and running of a group. Staff and groups are encouraged to work together in developing roles on their committees to suit the needs of the group and the skills of those people offering support. A committee member could for example:

- Plan the trips and outings for the local group.
- Be the Vice-Chair for the group.
- Act as the Health and Safety officer for the group.
- Promote the group on social media and maintaining a micro-site website.
- Promote My Stroke Guide to the group members.
- Be responsible for inducting new volunteers into the group.

Who the role might suit:

- To be an effective voluntary group committee member you will be good at working in a group setting and able to get things done for the good of the group.
- If you enjoy helping to organise local group community groups and activities and offering your skills where needed, then this might be a good role for you.
- You need to have good administrative and organisational skills.
- Our committee members need to have great communication and listening skills and enjoy meeting and supporting new people in their community.

What the role can offer you personally:

- As a group committee member you will be helping to develop a supportive community for stroke survivors in your area.
- The role provides an opportunity to engage with your local community, meet new people and be part of a vibrant and engaging local team.
- It also offers you a chance gain and develop professional skills and increase your employability by volunteering with a well-respected charity.
- Many of our committee members say that this role is a great way to engage with, and support, their local community. They feel like they are making a difference and giving something back.

Training for this role:

We provide all of our voluntary group committee members with training so they feel confident in the role and give the best possible support to stroke survivors.

Mandatory training that you need to undertake for this role is:

- Stroke Association Volunteer Induction (a face to face one day course).
- Health and Safety for Clubs Groups and Cafes. Each group needs at least one committee member trained so this will depend on the needs of your local group.

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

Leading Stroke Groups / Group Finances / Safeguarding / Client Assist / Hidden Effects of Stroke / Emotional Impact of Stroke / Supporting People with Aphasia / Stroke Ambassador Induction Training / Personal Safety For Volunteers.

We also offer ongoing support and expenses where appropriate.

Where and when you would volunteer:

The role is located at: 280 The Meadway, Tilehurst , Reading, RG30 4PE.

Meeting day and time is to be confirmed.

The person to contact about this role is: Michal Shalev, Volunteering and Community Officer, on 07506120858 or michal.shalev@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 or call our
Stroke Helpline: **0303 3033 100.**