

# Stroke cafe supporter

After a stroke many stroke survivors and carers may become socially isolated as they are no longer able to access the activities they did prior to the stroke. Stroke cafes provide an informal setting to offer local peer and social support to stroke survivors and carers. As a stroke cafe supporter you will assist with the running of a local cafe and enable people to meet and share experiences with others in the same situation and support their recovery from stroke.

## What the role involves:

- As a stroke cafe supporter, you would be working with staff to organise and support regular stroke cafe meetings in your local area.
- The role might involve helping attendees participate in activities and conversations during cafe meetings.
- You could be helping with tasks like risk assessments, health and safety checks, researching services and activities in the local area which might be of interest to participants and collating feedback from stroke cafe attendees.
- You will also be working with staff to ensure everything runs smoothly.

## Who the role might suit:

- To be an effective stroke café supporter you need great listening skills and be able to talk to, and support, people in an empathetic and non-judgemental way.
- Sometimes you may have to take lead at the cafe so you should have prior experience of doing so in either a voluntary or professional capacity.
- You should also have good administrative and organisational skills.
- If you are someone who enjoys helping support, inform and organise informal local groups, then this role might be a good one for you.

## What the role can offer you personally:

- Being a stroke café supporter means you 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.
- It also represents a really good way to engage with and organise events for people in your local community who may otherwise be isolated.
- Stroke café supporters also find it helps them develop new skills with a well-respected charity which can improve their CV and employability.
- Many of our stroke café supporters 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 stroke cafe supporters 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:

- The Stroke Association Volunteer Induction (a one day face-to-face course)
- Health and Safety for Groups and Cafes (a one day face-to-face course) only mandatory in groups where staff are not present.

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

Client Assist / Emotional Impact of Stroke / Hidden Effects of Stroke / Safeguarding / Supporting People with Aphasia / first aid/ GDPR module on STAR

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

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

These details would be agreed with a staff member in one of our local teams. We endeavour to find our volunteers roles in their local areas that suit the time commitments they have available.

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.**