

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. Stroke group supporters assist in the running of one (or more) of these local groups and help support the group members.

## What the role involves:

As a stroke group supporter you'd help support group members, but will not be on the committee that runs the group. You're likely to be involved in the following:

- Assisting group committee members in arranging activities and events by providing information and contacting local activity and/or service providers.
- Supporting people to take part in activities organised for the group.
- Helping to set-up and clear away venues where the group meets.
- Meeting and greeting group members, and helping them feel supported.
- Preparing and providing refreshments.
- Potentially helping with other tasks that ensure the smooth running of the group such as risk assessments, first aid and gathering feedback from group members.

## Who the role might suit:

- To be an effective service group supporter you will be someone who is good at working with people and helping to support them at meetings and events.
- If you enjoy helping with community group activities and working with others to get things done then this might be the role for you.
- Our service group supporters also need a friendly and approachable manner and be comfortable welcoming people to the group.

## What the role can offer you personally:

- As a stroke group supporter you'll be helping the committee to develop a supportive community for stroke survivors in your local 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 the chance to develop new skills with a well-respected charity which can improve your CV and employability.
- Our stroke group supporters tell us 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 group 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:

Group Finances / Safeguarding / Client Assist / Hidden Effects of Stroke / Emotional Impact of Stroke / Supporting People with Aphasia / First Aid.

**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.**