



SOLACE VOLUNTEER

Mental Health Services for Older People - MHSOP

Location

Community Locations Fairwater and Barry

Reports to

Solace Administration Coordinator

Accountable to

Voluntary Services Manager

Time Commitment

2.5 hours per week every Friday and/or Tuesday

Required Checks

*DBS (criminal Records Check)
Occupational Health check
Two References*

Expenses

Reimbursed travel to/from locations on day of volunteering

PERSONAL REQUIREMENTS

- To have excellent listening skills and be non-judgemental.
- To be confident working with those with a cognitive impairment/dementia.
- To show patience and understanding to those in the group
- To be enthusiastic about the aims and work of Cardiff & Vale UHB.
- To display levels of empathy and understanding at all times.
- To be presentable, smart and always wearing UHB Volunteer ID badge.
- To recognise when to refer issues and questions to UHB staff.

OUTLINE OF DUTIES

This specialist service provides support to those who are looking after someone with a diagnosis of dementia or other cognitive impairment.

Solace provides weekly art and craft sessions, during a carer support group out in the community. Carers attend with their loved ones who have been diagnosed with a dementia.

The sessions provide meaningful activity for those who live with dementia and has a positive impact on their carers, reducing stress and maintaining social links.

Volunteers help to reduce boredom, encourage group involvement, participation and conversation through activities which promote wellbeing, enjoyment and creativity.

The main outline of the role is to facilitate art and craft and social sessions with the staff, supporting carers and those they care for who have a diagnosis of a dementia.

MAIN TASKS

- To try to make sure everyone attending has a friendly welcome and knows what to do on arrival.
- To reassure anxious or nervous attendees.
- To help answer appropriate queries.
- To help organise sessions, liaising with the group facilitators.
- To help with setting up the room at the beginning of the session and returning the room afterwards.
- To encourage participation.
- To listen and show empathy to all who attend.
- To inform staff on how the session went once all participants have left

TRAINING AND SUPPORT

Volunteers will need to undertake Cardiff and Vale University Health Board Training and Induction, as well as the Solace and/or Dementia training and induction session. Training needs will be identified through the supervision process and met through Cardiff and Vale UHB Training Programmes.

Volunteers will be treated inclusively by the Solace Team and will be offered ongoing supervision and guidance. This role does not include counselling or art therapy.

COVID19 SPECIFIC GUIDANCE

- All Volunteers will need to complete an individual risk assessment prior to starting.
- All volunteers must be aware of the need to stop volunteering should they feel unwell or if they live with someone who has symptoms and to follow the latest government and NHS advice especially regarding COVID-19 symptoms.
- Training, guidance and induction to be provided via e-learning or virtual technology where possible.
- Volunteers must be provided with the required levels of PPE and be trained in the usage, donning, doffing, and disposal of PPE in line with UHB guidelines.

BENEFITS TO THE VOLUNTEER

This role offers:

- Experience of team working
- Satisfaction of assisting others and providing an invaluable service to the Health Board and community
- The opportunity to develop skills and experience

PERSON SPECIFICATION

Criteria	Essential	Desirable
Understanding the importance of confidentiality	✓	
Experience of working in a health care setting		✓
Good communication skills	✓	
Ability to speak Welsh		✓
Ability to work on own initiative and as part of a team	✓	
Reliable and punctual	✓	
Experience of befriending		✓
Experience of volunteering		✓
Willingness to undertake training	✓	
Available to volunteer for the required times	✓	
Enthusiastic and outgoing	✓	



Kind and caring

Respectful

Trust and integrity

Personal responsibility

