

## **Dementia Support Volunteer for Singing and Movement**

Our Singing and Movement sessions at Sydenham Garden aim to support people to live well with dementia.

We require volunteers to assist with the smooth running of these sessions. This role will be subject to an Enhanced DBS check, as you will be directly involved in working with vulnerable adults.

**Reporting to:** Rose Pickering, Dementia Project Lead

### **Role description:**

- Working with and supporting our co-workers who are people experiencing dementia, with support from staff and other volunteers
- Helping session leader and fellow volunteers to partake in a singing and movement group
- Volunteers help to set up and facilitate sessions as well as giving feedback at the end of each group
- All volunteers must complete Mindcare Dementia specific training.

At each session, volunteers will:

- Greet co-workers with a hot drink and fruit/biscuits
- Support co-workers to participate, encourage and guide co-workers to follow instructions
- Support co-workers to toilet
- Support co-workers to get coats on and off
- Assist co-workers to get safely to and from transport

### **Personal Specification:**

- An interest in working with people with dementia
- Excellent listening and communication skills
- Ability to support co-workers from all backgrounds
- Ability to work well in a diverse team of volunteers and staff
- Flexibility and an ability to adapt to different tasks each week
- Good organisation, punctuality and reliability
- Patient, empathetic, sensitive and caring
- Enthusiastic and able to motivate others

**Volunteer Gains:**

- A greater understanding of dementia and the impact on the individual
- Experience of working with people in a therapeutic way using singing and movement
- Relevant training and development opportunities
- Experience of working with and meeting new people
- Extremely applicable experience in social care, psychology and mental health treatment

**Availability:**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
am							
pm					✓		

Weekly session: Fridays, 2.45 - 5pm

**Location:**

Sydenham Garden, 28a Wynell Road, London SE23 2LW

See link for a map and directions: [www.sydenhamgarden.org.uk/contact/finding-the-garden](http://www.sydenhamgarden.org.uk/contact/finding-the-garden)

**Contact:**

Tel: 020 8291 1650 or

Email: [rose@sydenhamgarden.org.uk](mailto:rose@sydenhamgarden.org.uk)