

AVSED

NUNROYD PAVILION, NUNROYD PARK,
YEADON, LS19 7HR
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REGISTERED CHARITY: 1165792 REGISTERED COMPANY: 9882948



VOLUNTEER ROLE PROFILE – AGEING WELL IN AIREBOROUGH

Role Profile: AVSED is an older person's charity based in Yeadon, and covers the Aireborough boundary (Yeadon, Guiseley, Rawdon, and a small portion of Apperley Bridge). We provide a variety of activities for our members to try out, however for some who may face certain types of frailty, they may need a small introduction to our service to help them build confidence and highlight the right group for them going forward.

Our Aim: The aim of this role is to provide a warm welcome to all members, providing a calm and welcoming space for all, taking into account all members needs and offering support where necessary. To help identify any support these members may need, and hopefully provide some form of improvement by the end of the six-week program. The program includes a mixture of gentle chair-based exercise classes, food and drink, social chats, and sensory and well-being activities. Supporting the activity lead Ella in all ways and following her instruction and guidance.

Tasks and expectations:

- Helping to set up the activity - this can include setting up tables, cleaning down surfaces, setting up interest tables
- Provide a Warm Welcome to all visitors and participants
- Preparing snacks and refreshments in the kitchen
- Comfortable taking register and cash handling
- Talking with and supporting members
- Work as a team with other volunteers and staff
- Follow the instructions of activity lead Ella
- Tidy away activity and clean down kitchen once participants have left
- Understanding of basic safeguarding and confidentiality
- Good listening skills
- Patience and understanding
- Interest in older people
- Engaging members in conversation
- Bi-weekly telephone check in calls to members
- Feeding back observations, worries or concerns to staff members

When required: 1st and 3rd Wednesday of each month between 1pm and 4pm. The activity runs between 1.30pm and 3.30pm.

Minimum Commitment: 3 hours per session

Contact Information: Michelle Phillips
Volunteer Co-ordinator
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