



Role Description: Social Group Volunteer

Purpose: Our weekly social groups provide survivors of acquired brain injuries with opportunities to; gain valuable peer support, reduce social isolation, gain information & advice and reintegrate into the wider community. As a Social Group Volunteer you will encourage service users to engage with other members of the group, provide a listening ear and ensure the smooth running of the group.

Main tasks: This is a varied role and tasks include:

- preparing the venue at the beginning of the session
- welcoming service users; giving them some one-to-one time and encouraging group interaction
- facilitating small group games
- providing a listening ear
- making hot drinks or encouraging/helping service users to make their own
- packing away at the end of the day

You have the right to refuse to do any tasks that you consider to be unrealistic; outside the scope of the role or that you feel you do not have the skills to do.

Commitment: 3 hours per week

Cardiff Group

- Venue: Chapter Arts Centre, Market Road, Cardiff CF5 1QE
- When: Thursday 1.45 – 4.45 pm (weekly)

Working with: Volunteer Coordinator, Information & Outreach Officers and other volunteers

Training and Support: All volunteers are given a thorough induction into the organisation and are trained in the processes required to undertake duties, prior to starting role

Travel: We pay travel expenses for car mileage and public transport up to £4.50

**Personal requirements:**

- Excellent listening skills, sensitivity and empathy
- Clear communication skills
- Friendly and approachable
- Reliable, committed and flexible
- A sense of humour, positive outlook and enthusiasm
- The ability to work within a team
- The ability to work independently and show initiative
- A non-judgemental attitude
- Confidence in working with people

Benefits offered:

- an understanding of acquired brain injury and the challenges people following a brain injury
- an opportunity to learn new skills, develop confidence and do something worthwhile
- an opportunity to enhance your CV
- Millennium Volunteering programme (14 – 25 year olds) and Volunteer Star programme (over 25 year olds)
- will be able to provide standard references for volunteers
- will provide you with soft drinks and a meal (if you are volunteering during the service users lunch break)
- an opportunity to identify your own learning needs and develop these