

# Volunteer Role Description

## Group Enabler

ReConnect supports people affected by **Stroke, Dementia, Aphasia**, and other long term health conditions to connect with each other. We facilitate a **peer befriending scheme** and **peer support groups** across **Gloucestershire** to help reduce social isolation and build the confidence and self-esteem.

### As a Group Enabler, you will:

- **support our Group Leaders** to run peer support groups for people affected by a long-term health condition.
- help the Group Leader to ensure everyone feels comfortable in the group.
- **organise tea and coffee** for the group.
- support positive group dynamics.
- **encourage people** to achieve personal goals within the group.
- support people to become more independent.
- **provide admin support** such as reminder phone calls or emails.
- **organise seasonal trips** out for the group.

### This role might be perfect for you, if you are:

- able to **enable and empower people** to help themselves.
- empathetic and **non-judgemental**.

- willing to try new things and adapt to the needs of the people you are supporting.
- happy to be autonomous with guidance from a key staff member.
- over 18 years old
- **without a diagnosis of a severe mental health condition.**
- **reliable, clean and presentable**

### **As a volunteer, you will benefit from:**

- an induction and **on-going training**, covering safeguarding, health & safety.
- **regular ongoing support** from a staff member.
- **meeting people** who have been affected by stroke, aphasia, dementia and other long-term health conditions.
- an opportunity to enhance your CV or learn new skills.
- connection to your local community.
- being a valued member of an incredible and friendly team.
- **out-of-pocket expenses reimbursed.**

### **Location & time commitment:**

- most volunteers commit to **1-2 hours per week** for at least three months to provide consistency for the group they support.
- our groups run across Gloucestershire, please see the [current list here.](#)

## Application Process:

- If you would like more information about the role: please **call 07935 810 160** or email [amy@reconnectglos.org](mailto:amy@reconnectglos.org)
- To apply, please complete an **application form** and return it to: email [amy@reconnectglos.org](mailto:amy@reconnectglos.org) or post ReConnect Gloucestershire CIC, 12 Dallaway, Thrupp, Stroud GL5 2EB
- A Disclosure and Barring Service (DBS) check at an enhanced level is required for this role. ReConnect will process this with you for free.
- Once we have received your application, references and DBS check we will arrange a time for your training and match you with a person.