

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
- To apply, please complete an application form and return it to: email 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.