

Volunteer Role Description

Group Leader

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 Leader, you will:

- **run a peer support group** for people affected by the same or a similar long-term health condition.
- **offer company**, empathy, encouragement and a chance to share experiences.
- **meet, greet and help** everyone feel comfortable in the group.
- support positive group dynamics.
- **encourage people** to achieve personal goals within the group.
- support people to become more independent.
- be supported by a Group Enabler who help ensure things run smoothly.

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

- excellent at **listening & communicating** with people in groups.
- empathetic and **non-judgemental**.

- willing to try new things and adapt to the group's needs.
- happy to be autonomous with guidance from a key staff member and support from other volunteers.
- experienced in a long-term health condition (yourself, family or friend)
- 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 new people** with similar experiences of long-term conditions.
- connection to your local community and **support/social groups**.
- 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.
- timing and location are **flexible** depending on your needs, our groups run at various times across Gloucestershire.

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. CSCIC will process this with you.
- Once we have received your application, references and DBS check we will arrange a time for your training and match you with a group.