

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.