

## **Group Support Volunteer**

We are looking for a volunteer interested in supporting the running of our group sessions for stroke survivors. As a volunteer you will ideally be available for 1 regular weekly group sessions slot.

We currently provide 4 face to face group sessions for stroke survivors every week, with one session being attended by members via Zoom as well. Sessions last up to 2 hours at a time.

The groups bring together stroke survivors living in Hackney or the City. Each group has a different support focus: stroke survivors with communication difficulties; younger stroke survivors; stroke survivors who are practising with more independence; stroke survivors with care needs.

Every week, members take part in activities, share personal experiences and feelings, coping strategies, and first-hand information about stroke and other important topics for their health and wellbeing. There is also an opportunity for members to run a session! This year we had creative art sessions, calming mindfulness activities, joyful games, enlightening presentations about mental health, health & lifestyle and travelling, and exciting group discussions about important different topics (Coping in the pandemic; Anti-racism; Covid-19 vaccine; Disability discrimination; etc.).

Location and time:

Community spaces across Hackney; groups currently run in the afternoons on different weekdays.

What you'll do:

- Co-plan and co-organise, with staff and group members, activities for group sessions.
- Talk with people about the types of activities they'd like to do.
- Organise activities that are tailored to the needs and abilities of individuals, as well as group activities that will bring individuals together.
- Assist people to take part in activities.
- Maintain records of attendance and brief session notes; provide these to the Shoreditch Trust staff member.

Key Competencies & Behaviours:

- Ability to build rapport.
- Positive, empathetic, patient and welcoming.
- Excellent listening and communication skills.
- Ability to identify possible challenging behaviour and seek support to manage this.
- Be flexible and creative.
- Be reliable.
- Understand and abide by confidentiality and data protection agreements.
- Preferable but not essential: digital skills and a willingness to engage in digital training.
- Excellent listening and communication skills.
- Preferable but not essential: experience of a similar role; experience of supporting adults who face similar challenges; knowledge of a community language.

Support and training will be provided.