

Support Volunteer for Start Groups Role Description

What is a Support Volunteer for Start Groups?

At the Dementia Advisory Outreach Service at Teesside Mind, we believe in the power of kindness and dignity for all. We are a small, dedicated and passionate team. We provide an 8-week group programme of information and support to friends and relatives of people living with dementia. These groups are called Start groups. We are looking for volunteers to help make sure this important support reaches everyone who needs it.

If you are looking for a meaningful way to make a lasting difference to someone facing tough challenges, please read on!

What will I be doing?

The role is very flexible and varied, it could be doing one of the following roles or a mixture of roles if that suits you better:

- Admin/coordinator
- Group facilitator
- Refreshments/welcome
- Champion (promoting within the community)
- Recruitment (helping to recruit other volunteers)
- Lived experience facilitator family/friend (someone who has been through the dementia journey as a family member and is willing to share their experiences and story)
- Lived experience facilitator living with dementia (a person with dementia who is willing to share their experience either with groups, staff, or other volunteers)

What will I get in return?

In return for your time, Teesside Mind will provide full volunteer training and regular review sessions with staff and other volunteers to help you get the most out of your volunteering experience. Volunteers will be reimbursed for out-of-pocket expenses (e.g. travel).

Opportunities to develop new skills

Whether you're wanting to gain experience, explore a new passion, or simply give back, your time and energy will go a long way. You can volunteer in a way that fits in with your life, no experience is necessary just a passion to make a difference to people caring for or living with dementia. Our qualified staff will be with you every step of the way and offer support, before, during and after you have started your volunteering.

There is an opportunity to develop your skills and confidence in supporting others, delivering group activities, or providing emotional support.

As a part of this role, you will be expected to:

- Provide equal opportunities for everyone to take part and feel included
- Share information about local services that can offer support to participants
- Be a positive role model

As a volunteer of Teesside Mind, you will also be asked to:

- Complete our volunteer induction and attend any other training necessary for the role
- Attend catch-ups with staff
- Provide feedback and attend relevant meetings (where able)
- Conduct yourself in accordance with Teesside Mind's policies and procedures and uphold the organizations values

[How much time do I need to commit?](#)

Depending on your circumstances we would like you to:

- Commit to 1 to 2 sessions a month

[I have a question about accessibility.](#)

If you have any accessibility issues, please feel free to get in touch with us.

[What experience, knowledge, skills, and attitudes will I need?](#)

Everyone is welcome! Whether you're a student, professional, retiree, or simply someone with a kind heart and a bit of time to give — we'd love to have you. No special skills are needed, and you can volunteer depending on your availability.

Because you will be working with people in a time of their lives that can be stressful and challenging, you'll need a caring nature, and you'll need to be willing to learn about and demonstrate the Teesside Mind values: Caring Welcoming Trustworthy Professional Determined.

To help you make your decision about whether to apply for this role, we have listed the experience, knowledge, skills, and attitudes that will help you to make the most of the role below. Don't worry if you don't already possess everything on the list: some will be included in the volunteer training, and you will develop others as you gain experience in the role.

[What have existing volunteers said about volunteering with Teesside Mind?](#)

"Volunteering is my way of giving back to the service from all the times they've helped me and supporting other people who are in my shoes."

"I was waiting for a volunteer opening that fitted my lifestyle as a single parent and was the right opportunity for me. Patience paid off as I have found the perfect role in Mind."

"I have volunteered with another organisation previously and even though I enjoyed the role I never got the satisfaction or sense of belonging that I have volunteering at Mind."

[Disclosure](#)

This role is subject to satisfactory references, Mind's policies on the Protection of Children and Young People and Vulnerable Adults, and an Enhanced Disclosure and Barring Service (DBS) check and subsequent re-checks. (Please speak to us about any questions e.g., help identifying suitable references)

Experience, knowledge, and skills

- Ability to communicate with people of different identities, ages and backgrounds
- Good time management skills and reliability
- Ability to maintain professional boundaries and confidentiality

Attitudes

- Positive, patient and tolerant approach towards supporting people.
- Empathetic to others and non-judgmental

Who do I need to contact if I have any questions?

If you have any questions or would like further information, then please give us a call or email:

Carolyn Watts, Community Development, Dementia (START)

carolyn.watts@teessidemind.org.uk

Mobile: 07860 267833

Main Office: 01642 257020