



Sunny Hearts – group work support volunteer

About the opportunity

Volunteers will work alongside an experienced group worker and other MAECare volunteers to support weekly group work sessions based on the structure of Cognitive Stimulation Therapy. Cognitive stimulation therapy (CST) is recommended for people with mild to moderate dementia based on stimulating activities and social interaction in a group. People find this helps memory and communication. <https://www.cstdementia.com/>

Aims of the group

To provide an opportunity for those with early stage dementia to meet with others in similar situation and offer support and a shared understanding of their situation.

To have fun in a relaxed and supportive environment.

To provide some time out for attendees and give them and their carers a break from each other.

What the sessions involve

Sessions are weekly lasting for 1 ½ hours. Sessions are structured to follow the same general pattern whilst also providing a choice of activities to cater for the interests of group members. Members choose a name for their group and a theme song that is sung at the beginning and end of every session. There is a different theme each week, for example "Sounds" where the group play musical bingo or listen and identify different sounds and favorite musical styles.

Volunteers

Should have an ability to understand and support older people who have memory loss and are living with dementia.

Be positive, enthusiastic, encouraging and confident in group settings.

Be willing to attend volunteer meetings to review and evaluate sessions and learn more about communicating with people living with dementia.

Be able to commit 2 to 3 hours of time on a Tuesday morning for at least 14 weeks in order to get to know group members and to provide continuity for group members.

Be willing to attend any training as necessary

Practical Considerations

A reasonable level of mobility is required for volunteers who will be assisting at group activities

A DBS check may be required for some volunteering roles