

Zest Session Volunteer (Hythe)

Role Description



VOLUNTEERING WITH ZEST AND BRIGHT SHADOW

Bright Shadow is a creative organisation where people living with dementia and our supporters live well and enjoy making our own high quality art.

Serving Kent and Medway, we use the power of the arts to enable people living with dementia, and those who give care, to live happy, healthy lives.

We understand the impact of a diagnosis, yet our work fosters positivity: focusing on what we can do, not what we can't. We are experts in creative activities designed specifically for people with dementia to enable self-expression, social interaction and active participation. We do this in a number of ways, including our trademark Zest sessions for people living with dementia in the community.

We offer a range of volunteer opportunities, including a volunteer role to support our Zest group in **Hythe**. This role is a wonderful opportunity to make a tangible impact on the lives of our participants by enabling those with more complex needs to engage with this group. Our Hythe Zest group is one of four Zest groups that meet, joining Deal, Medway and Whitstable.

You will become part of a friendly team offering support and guidance, so your positive attitude is more important to us than specific experience. We offer all volunteers dementia awareness and safeguarding training, as well as requiring an enhanced DBS certificate.

ROLE SUMMARY:

To support artists and the Zest Hythe Coordinator in the delivery of creative sessions for people living with dementia, their family, friends and carers.

To work directly with participants with complex needs, enabling them to engage with each session.

POST REPORTS TO: Volunteer Coordinator and Zest Hythe Coordinator

LOCATION: Hythe Sports Pavilion, 2 South Road, Hythe, CT21 6AR

POSITION TYPE: Volunteer

HOURS REQUIRED: Thursdays 1:45–4:15pm. We are equally looking for those who can commit on a regular basis, as well as those who would want to offer their time on a fixed basis (such as one month, 6 weeks etc).

KEY DUTIES AND RESPONSIBILITIES:

1. Understanding of or willingness to learn about living with dementia, including completing provided dementia awareness training
2. Excellent interpersonal skills, communication skills and empathy
3. Enthusiasm to join in with performance and arts activities such as singing, movement and story making wherever possible and assisting participants to engage fully
4. Work closely with Zest Hythe Coordinator to deliver a safe and high quality experience
5. Help Zest Hythe Coordinator to prepare the room before sessions and clear up at the end where necessary

6. Help Zest Hythe Coordinator to prepare refreshments for participants
7. Help the Zest Hythe Coordinator with the collection of evaluation information
8. Assist in documenting the sessions using photography, recording and/or film on equipment provided where necessary
9. Work within all Bright Shadow policies, including Safeguarding, Health and Safety, Equality and GDPR compliance.
10. This role is subject to the volunteer having an up to date enhanced DBS check carried out.

Person Specification

Zest Communities Session Volunteer



The person specification states the knowledge; skills and experience helpful in volunteering with us and is used for both short-listing volunteers for informal interview and to identify the areas to explore in this interview.

Competencies	Essential	Desirable
Excellent interpersonal skills, communication skills and empathy	✓	
Previous experience working with older adults		✓
Experience of working for an arts organisation		✓
Sensitive to people's needs and the safeguarding of vulnerable adults	✓	
Competent using an iPad		✓
Good initiative and ability to work independently	✓	
Knowledge/understanding of dementia	✓	
To undertake an enhanced DBS check	✓	