

We know how vital it can be for people affected by stroke to connect with others who share a similar experience as they adapt to life after stroke. Stroke Association support groups provide vital support to people affected by stroke. They offer support to stroke survivors, carers, family and friends. Built on friendships and fun, they are a safe and supportive space to try things again, to learn more about stroke and self-care and to build confidence as people rebuild their lives.

What the role involves:

As a stroke group supporter you'd help support group members, but will not be on the committee that runs the group. You're likely to be involved in the following:

- Assisting group committee members in arranging activities and events by providing information and contacting local activity and/or service providers.
- Supporting people to take part in activities organised for the group.
- Helping to set-up and clear away venues where the group meets.
- Meeting and greeting group members, and helping them feel supported.
- Preparing and providing refreshments.
- Potentially helping with other tasks that ensure the smooth running of the group such as risk assessments, first aid and gathering feedback from group members.

Who the role might suit:

- To be an effective stroke group supporter you will be someone who is good at working with people and helping to support them at meetings and events.
- If you enjoy helping with community group activities and working with others to get things done then this might be the role for you.
- Our stroke group supporters also need a friendly and approachable manner and be comfortable welcoming people to the group.

What the role can offer you personally:

- As a stroke group supporter you'll be helping the committee to develop a supportive community for stroke survivors in your local area.
- The role provides an opportunity to engage with your local community, meet new people and be part of a vibrant and engaging local team.
- It also offers you the chance to develop new skills with a well-respected charity which can improve your CV and employability.
- Our stroke group supporters tell us that this role is a great way to engage with, and support, their local community. They feel like they are making a difference and giving something back.

Training for this role:

We provide all of our stroke group supporters with training so they feel confident in the role and give the best possible support to stroke survivors.

- People welcome session (2.5 hours over Zoom).
- GDPR (factsheet)

Each group needs one volunteer trained in first aid and one volunteer trained in Health and Safety. The group may ask you to train in these, depending on their needs.

Additional learning opportunities will be available to develop your skills and experience:

Hidden Effects of Stroke / Emotional Impact of Stroke / Supporting People with Aphasia

We also offer ongoing support and expenses where appropriate.

Where and when you would volunteer:

The role is located in: Dundee Contemporary Arts, 152 Nethergate, Dundee, DD1 4DY

You would be volunteering every third Friday of the month for two hours from 1.30pm to 3.30pm.

The person to contact about this role is: Gaby Beattie, Engagement Officer on email at gaby.beattie@stroke.org.uk

A Protecting Vulnerable Groups (PVG) check is required for this role.

Our vision is for there to be fewer strokes, and for people affected by stroke to get the help they need to live the best life they can.

Our core purpose is to be the trusted voice of stroke survivors and their families. We want to drive better outcomes in stroke prevention, treatment and lifelong support for everyone affected by stroke.

**Volunteer and
make a difference.**

Find out more about stroke, what we do and how you can help:
stroke.org.uk or call our
Stroke Helpline: **0303 3033 100.**