

Volunteer Role Description

Role Title	Adult's Activities Volunteer
Department	Mentor's Team
Reporting to	Gary Hankinson/Patsy Williams
Hours	Various but hopefully to include: Tuesday's, Wednesday's or Thursday's 11.00 – 12.30 when Crèche will support child care for 0 to 4yrs thus allowing all adults who take advantage of this childcare, time to attend
Location	Cotton Hall, Cotton Lane, Cotton Edmunds, Chester
Purpose/Summary of Role	To offer different activities to support the interests of the adults of the resident families living on site. To keep a register of attendance.
Description of Tasks	We are looking for a range of different people who can offer different activities which might include: sewing, yoga, mindfulness, zumba, arts & crafts etc. You might work one to one or with a small group. It may be for just an hour or two per week. You will need to prepare any materials for sessions and tidy up after the session. Commit to at least 6 months volunteering in the role
Skills and abilities/Qualifications	Bubbly, chatty, friendly person who can encourage the participation of people who may have a lack of motivation or low self-esteem. A formal qualification in teaching your area of activity would be preferable, or experience of working/volunteering with vulnerable adults. Ideally trained in Safeguarding although we offer workshops on Safeguarding. Good knowledge of confidentiality. Patience, nurturing nature, empathetic, good communication skills, good listener, ability to relate to vulnerable adults, good sense of humour, calm in a difficult situation, knowledge of de-escalation techniques. Shows initiative and is a problem solver Experience of working with challenging families desirable