



## Carer Peer Support Volunteer - Medway

### Role Description

#### **Purpose of the Role:**

The Carer Peer Support Group provides a dedicated space for unpaid carers of people living with dementia to come together, share experiences, and access mutual support in a safe, inclusive, and non-judgemental environment.

To enable carers to speak openly and benefit from meaningful respite, their loved ones attend a separate room where engaging and appropriate activities are delivered. This structure ensures carers can fully focus on peer discussion, while people living with dementia continue to feel valued, supported, and socially included.

As a Volunteer supporting the Dementia Activity Room, you will play a vital role in creating a calm, welcoming, and engaging environment for people living with dementia while their carers attend the peer session. Strong communication skills, emotional awareness, and the ability to respond sensitively to verbal and non-verbal cues are essential in this role.

You will be part of a team that recognises the importance of carer wellbeing while upholding the dignity, independence, and rights of people living with dementia.

**Reporting to:** Dementia Wellbeing Manager/Group Facilitator

**Location:** Rochester Baptist Church Hall ME1 1RF

**Hours:** 4<sup>th</sup> Thursday of every month – 13.30-15.30

**Expenses:** Out of pocket expenses reimbursed in line with policy

#### **The Role Responsibilities**

You will be motivated by the opportunity to support both people living with dementia and their carers, recognising that carer wellbeing is closely connected to the quality of support their loved one receives.

1. Welcome people living with dementia warmly, helping them feel comfortable and settled in the activity room.



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2. Support the delivery of structured and informal activities appropriate to the group's abilities and interests.
3. Communicate clearly and calmly, adapting your approach to individual needs.
4. Be attentive and responsive to non-verbal communication, including body language, facial expressions, and signs of anxiety or discomfort.
5. Offer reassurance, encouragement, and companionship throughout the session.
6. Promote independence and dignity, supporting individuals to participate at their own pace.
7. Help maintain a calm, safe, and inclusive environment.
8. Work closely with staff and other volunteers to ensure appropriate support ratios and safe practice.
9. Observe and report any concerns about wellbeing, mood changes, or behaviours to the Session Lead or Dementia Wellbeing Coordinator.
10. Assist with set-up and tidy-up of activities and refreshments.
11. Follow Alzheimer's & Dementia Support Services policies and procedures, including safeguarding, confidentiality, and health and safety.
12. Attend volunteer briefings, training, and support sessions as required.

This role description is not exhaustive and may be amended to reflect the needs of the charity.

**This role is subject to an Enhanced Disclosure and Barring Service (DBS) check.**



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### PERSON SPECIFICATION

	Essential	Desirable
<b>Skills</b>		
Friendly, approachable and reliable	X	
Good communication and listening skills	X	
Able to work as part of a wider team	X	
Respectful, patient and non-judgemental	X	
Commitment to equality, diversity and inclusion	X	
Willingness to attend training and supervision	X	
Experience of volunteering or supporting people in a group setting		X
Knowledge of dementia and the challenges faced by those affected		X
Experience of working with older people		X
Confidence in facilitating small activities or games		X