



## SBtM & Swale Tea Dance Volunteer

### Role Description

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

**Singing Back the Memories** and **Dancing Through the Decades** are two vibrant, music-based sessions held back to back. Together, they provide people living with dementia and their carers the opportunity to experience the emotional, cognitive, and physical benefits of music, singing, and movement in a relaxed and social setting.

Through familiar songs, themed decades music, gentle dance, and shared reminiscence, these sessions promote confidence, wellbeing, connection, and joy.

As a Volunteer supporting both groups, you will help create a warm, energetic, and inclusive environment across the full session period. You will encourage participation in singing and movement activities, offer reassurance where needed, and help ensure a smooth and supportive transition between the two sessions.

You will be part of a team that champions the rights of people affected by dementia to remain active, socially connected, expressive, and engaged within their community.

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

**Location:**

**Hours:** 3<sup>rd</sup> Tuesday of every month

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

#### **The Role Responsibilities**

You will be motivated by the opportunity to make a positive difference in the lives of people affected by dementia. You will contribute to a welcoming, lively, and supportive atmosphere across both sessions.

1. Welcome attendees warmly, helping to create a relaxed, friendly, and inclusive environment.



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2. Assist with setting up and tidying away chairs, refreshments, lyric sheets, music equipment, and activity materials for both sessions.
3. Encourage and support participants to engage in group singing, themed music sessions, and gentle dance or seated movement activities.
4. Model enthusiasm by singing along and participating in movement where appropriate.
5. Offer reassurance and companionship to those who may feel hesitant, tired, or require additional support.
6. Promote independence and dignity, respecting individual preferences, energy levels, and physical abilities.
7. Support safe transitions between the singing and dancing sessions, helping attendees feel comfortable and included throughout.
8. Foster a positive, encouraging atmosphere that builds camaraderie and shared enjoyment.
9. Observe and report any concerns about attendees' wellbeing to the Session Lead or Dementia Wellbeing Coordinator.
10. Follow Alzheimer's & Dementia Support Services policies and procedures, including safeguarding, confidentiality, and health and safety.
11. 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**

### 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	
Enthusiastic and encouraging	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 a small group		X
Interest in music, singing, dance or performance	X	



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