



Dancing Through the Decades Volunteer DGS

Role Description

Purpose of the Role:

'Dancing Through the Decades' is a fun, informal social group that brings together people living with dementia, along with their carers, families, and friends, to enjoy music, movement, and shared memories. Through familiar songs and gentle dance activities from across the decades, the group promotes wellbeing, connection, confidence, and joy.

As a 'Dancing Through the Decades' Volunteer, you will help create a lively, welcoming, and inclusive environment where everyone feels comfortable to participate at their own pace. Working alongside staff and other volunteers, you will welcome attendees, assist with set-up, encourage participation in music and movement, and help foster a sense of camaraderie and belonging.

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

Reporting to: Dementia Wellbeing Manager/Volunteer Manager

Location: Istead Rise Community Centre

Hours: 4th Monday of every month between 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 make a positive difference in the lives of people affected by dementia. You will contribute to a friendly, uplifting atmosphere that encourages movement, enjoyment, and meaningful social interaction.

1. Welcome attendees warmly, helping to create a relaxed, friendly, and inclusive environment.
2. Assist with the set-up and tidy-up of the session, including arranging seating, music equipment, and refreshments.
3. Encourage and support people living with dementia and their carers to participate in music and movement activities at their own comfort level.
4. Dance alongside participants where appropriate, modelling enthusiasm and encouragement.



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5. Offer reassurance and companionship to those who may feel hesitant or need additional support.
6. Promote independence and dignity, respecting individual abilities and preferences.
7. Support group activities such as themed decades sessions, singalongs, simple choreographed routines, or seated movement exercises.
8. Observe and report any concerns about attendees' wellbeing to the Session Lead or Dementia Wellbeing Coordinator.
9. Follow Alzheimer's & Dementia Support Services policies and procedures, including safeguarding, confidentiality, and health and safety.
10. 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
Skills		
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
Interest in music, dance or social activities		X