

## Role Description



<b>Job Title</b> Dementia Support Volunteer	<b>Location</b> Hastingwood Road, Hastingwood, CM17 9JX	<b>Hours</b> Up to 2 hours per week + 1 hour monthly volunteer catch up	<b>Team:</b> Community Engagement & Involvement
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Reporting to:	Namaste Project Coordinator
Accountable to:	Namaste Project Coordinator/ Compassionate Communities Project Manager / Community Engagement Involvement Manager / Director of People and Communities
Key working Relationships:	Multi-professional team members, Other volunteers, Community Members, Carers and Families

### **About St Clare Hospice:**

St Clare Hospice is a local charity and each year we care for hundreds of people across West Essex and the East Hertfordshire border. We provide free, compassionate care and support to adults with life-limiting illnesses, their families and carers.

### **The difference you will make:**

By participating in this service you will:

- Provide direct intervention to people living with advanced dementia
- Support people living with dementia to live well

Your support will help us meet our strategic aims of:

1. Reaching significantly more people who are facing death, dying and loss in our local communities.
2. Supporting our communities to become more resilient, to support each other and to remain independent for as long as possible.

**Summary of Role:**

Our Dementia Support Service is a free, personalised service for people living with advanced dementia using an approach called Namaste Care.

**What is Namaste Care?**

Namaste care is a person-centered approach supporting people with advanced dementia to engage in meaningful activity to promote an improved quality of life. Namaste Care is delivered using a combination of multisensory techniques and personalised resources.

These activities may include:

- offering gentle touch, e.g. through hand massage
- playing favourite music
- reminiscence activities
- reading favourite books / poems
- encouraging gentle movement

**Dementia Support Service involves:**

- Weekly visits by a volunteer for up to two hours in the community members home (with a carer present) OR providing Namaste Dementia care in a group setting in the community (Details tbc)
- Namaste Care activities are personalised to the Community Member
- Support for carers and families to incorporate Namaste Care into their daily routine
- Emotional support to carers and families

**Key Tasks:**

- Visit your community member and their carer on a weekly basis (for up to 10 weeks)
- Plan and provide meaningful activities, including sensory based activities e.g. playing familiar music, reading a poem, providing hand massage etc.,
- Maintain appropriate boundaries with community member and their family
- Support and empower the carer to continue Namaste Care
- Attend monthly volunteer 'catch ups' to share and reflect
- Complete session notes in a timely manner and send to supervisor after each session.
- Attend all appropriate training to the role

**The skills / experience / personal qualities you will need:**

- Interest in Dementia care
- Clear and sensitive communication skills
- Ability to work independently
- Good interpersonal skills
- IT literacy – ability to confidently use, and take part in sessions via Zoom / Microsoft Teams etc.
- Patience, Empathy and a non-judgmental approach
- Reliability

**The benefits you can expect:**

- Become part of a passionate and supportive team.
- Be part of the wider hospice and the Volunteer Framework of support.
- Help make a real difference to people living with a life-limiting illness
- Gain new experiences and develop skills and confidence.
- Meet new people.
- Spend your time doing something that is worthwhile and rewarding
- Day to day support from a designated member of staff
- Travel expenses can be reimbursed when agreed in advance

**Other Matters:**

- Work within St Clare Hospice's Core Values
  - Compassion
  - Integrity
  - Respect
  - Excellence
  - Teamwork
- If you are unable to fulfil your commitment please contact your volunteer supervisor to inform them
- Maintain strict confidentiality at all times
- Wear your name badge at all times
- Attend mandatory clinical training and updates for health and safety issues and other training as appropriate
- Attend volunteer meetings and training sessions whenever possible
- Adhere and work within the hospice policies and procedures
- Adhere to the smoking policy
- Familiarise yourself and comply with the Health and Safety policy
- Understand and know the procedure of what to do in the event of a fire or an accident
- Please do not hesitate to ask if you are unsure of anything

**The time you will be asked to give:**

- 1- 2 hours per week for Namaste Care Sessions
- Time to write up session notes and send to supervisor
- Attendance at a monthly volunteer 'catch up' meeting - face to face at the Hospice
- 1 day training workshop and other adhoc training required for the role
- A minimum commitment for 6 months

**The training and support you will be given will include:****1 day training workshop:**

- Introduction to Namaste
- The background and core principles of Namaste Care
- Dementia Friends/Awareness training

- Knowledge about the practical application of Namaste Care and how to get started

**Additional training needed:**

- Induction to the Hospice
- Safeguarding

You will be supervised and supported in your role by the project Coordinator. Some additional e-learning may be required before / when you start your role, and at regular refresher intervals to be determined by St Clare Hospice.

Volunteers will be provided with equipment and kit to use for Namaste Care sessions.

**Location:**

- Namaste Dementia Care sessions will be provided in the community members home (with a carer present) OR provided in a group setting in the community (Details TBC)
- Training will be face to face in the Hospice
- Additional training may be via Zoom

All recipients will be based within St Clare's catchment area of West Essex and East Hertfordshire.

**How to apply:**

Complete our short online application form here: <https://stclarehospice.org.uk/st-clare-volunteer-application-form/> Or contact Carolyn Johnson, Volunteer Development Coordinator by phone: 01279 773700 or email: [volunteer@stclarehospice.org.uk](mailto:volunteer@stclarehospice.org.uk)