

VOLUNTEER ROLE DESCRIPTION – Dance and Dementia Group Assistant

Project Name - **Our Turn**

Project Overview

Our Turn is a 2-year programme of creative day time activities that provide dance and wordplay sessions to support people with memory loss or dementia and their carers.

Starting in April 2020 this 2 strand programme will use proven models to deliver activity that takes place in community settings in Yeovil and will be led by dance in health and spoken word specialists to support people living with dementia and to give their carers respite. The 2-year programme will include tasters, weekly sessions and sharing opportunities.

Dance and Dementia Group

We will deliver an accessible programme of creative dance activity for Our Turn working with patients living with dementia. Using specialist dance practitioners who are trained Postural Structural Instructors we aim to enhance mobility and stability and reduce the risk of falls as part of the classes. The sessions will be delivered in a community venue on a weekly basis.

The community based dance and dementia sessions will ensure that people living with impaired cognition and dementia will have the opportunity to be engaged in 60 sessions over the course of the project, as well as carers and family members who will be encouraged to join in as peer motivators.

Dance and Dementia Group Assistants are involved in supporting the **Our Turn** project

Role Title

Dance and Dementia Group Assistant

Role Description

Every Dance and Dementia group aims to include Dance and Dementia Group Assistants. These are volunteers aged 18 - 60+ with interest in or experience of dance or keeping active.

As a Dance and Dementia Group Assistant you will participate in the dance sessions, offering encouragement and support to other group members as well as provide social interaction and help with serving teas and coffees.

Dance and Dementia Group Assistants are part of the dance team delivering the project and your help will ensure that all participants get the one-to-one support they need to maximise the benefits of taking part.

Where

St Peter's Community Centre, Coronation Avenue, Yeovil, BA21 3DY

When

The Dance and Dementia groups run weekly and each session lasts for 3 hours with 90- minutes dedicated entirely to dance activity (90 minutes of activity and 30 minutes for refreshments and socialising). You need to be able to come to group sessions on a regular basis.

Monday 1pm - 4pm

Main Duties

Participate in Dance and Dementia group sessions, offering particular support, encouragement or one-to-one help to participants where required. For example, you may be asked to demonstrate seated options to less mobile participants.

You will be part of the dance delivery team and the dance artist leading the sessions will direct you on how to help in each session.

You may also help with collecting monitoring information from group participants – including offering help to complete membership forms or evaluation questionnaires to those who need it.

Social time is a key element of the sessions and you may also help out with providing refreshments and spending time socialising with participants and their family members

Skills/Experience Required

Previous experience of taking part in dance is useful but not essential. You do need to be fit enough to take part in Dance and Dementia sessions.

You need to be understanding, patient and empathetic, in order to be able to support group participants who need extra help and encouragement during sessions.

Confidence with completing forms and paper work would be an advantage to help with monitoring information.

General Information

Dance and Dementia Group Assistants receive training, including a grounding in leading a dance session and falls prevention. You should be available to complete this training (usually one half day) before the Dance and Dementia group sessions start.

You will receive ongoing support in your role from the Dance Artist leading your group sessions and the Dance Director at Take Art or (Dance Co-ordinator if appropriate)

Volunteers are reimbursed all reasonable out of pocket expenses. We appreciate your giving us your time, and don't expect you to give us your money too!

Contact

If you are interested in the Dance and Dementia Group Assistant role, please contact – Nadine Griffiths, Dance Co-Ordinator – ourturn@takeart.org

You will be asked to complete a brief volunteer application form and attend an informal interview and induction.