**Volunteer Role Description**

**What is ACE Neighbours?**

The ACE Neighbours Project aims to support isolated older adults to get ‘out and about’ more, improve their confidence and engage more with their community. In doing so, volunteers make a positive contribution to older people’s health and well-being.

**What is the role of an ACE Neighbours Volunteer?**

An ACE Neighbours Volunteer (known as an Activator) provides peer support on a one-to-one basis over six months for an isolated older adult who is physically inactive and would like some support to help them get out and about a bit more. This could be due to lacking in confidence, not having the motivation or simply not having someone to go with.

The volunteer helps build the person’s confidence on the first few visits, lets them know what is happening locally and will then accompany them to an activity the person has chosen. Gradually, support is withdrawn so that by the end of the six months the person is independently active.

Volunteers must be aged 60 or over. The person they will be supporting will be aged 65 or over.

**Volunteers are asked to:**

* Meet regularly (up to 12 meetings over 6 months, once a week at first, reducing over time) with one older person. The days, times and places are agreed between you both.
* Telephone the person you are supporting (your ACE Neighbour) to confirm each meeting.
* Encourage your ACE Neighbour to get out and about and get involved in their local community.
* Accompany your ACE Neighbour out into their community and to local activities.
* Meet other volunteers (ACE Activators) and their ACE Neighbour to create small social groups – meet for a cup of tea!
* Take part in induction, training and support sessions as required.
* Inform the ACE Neighbours Project Officer of any issues or problems you may have.
* Represent St Monica Trust in a positive manner.
* Work to St Monica Trust policies and procedures at all times.
* Give St Monica Trust at least a month’s notice if you decide to stop being an ACE Neighbours volunteer (although we realise that this is not always possible).

**Qualities and skills required for this role:**

* **Good communication skills, especially listening skills.**
* **A sociable and caring nature.**
* **Patience and kindness.**
* **You may sometimes need to be gentle but firm, and be able to set limits.**
* **An understanding of the importance of emotional well-being and social contact for older people.**
* **An understanding of the need to work within agreed boundaries**
* **An understanding of the need for confidentiality within the role.**
* **An awareness of health and safety considerations when carrying out the role.**
* **A commitment to valuing equality and diversity.**

We provide training and support to volunteers.

We ask volunteers to commit to a minimum of 12 months, if possible.