



Age Concern Rotherham

Volunteer Role Description and Person Specification

**Role Title: Health and Well Being Assistant
Health and Well Being Centre
St Ann's**

About Age Concern Rotherham

Age Concern Rotherham is a registered charity, seeking to promote and improve the well-being of all older people and their carers in Rotherham by Helping to make later dignified, rewarding and fulfilling.

About the Health and Well Being Centre

The Health and Well Being Centre provides a caring, safe environment where older people can be socially involved with others in a similar age group and position, receive a hot midday meal and refreshments throughout the day, and have the opportunity of accessing advice and information on other Age Concern services. The Centre represents a very important part of a care package because it enables older people to continue living in their own home in the community, rather than having to move into residential care.

Role Description

Main Duties: To provide assistance with older people's self care tasks, domestic tasks & social activities in a community-based centre.

Specific Responsibilities:

- Take part in social activities within the Well Being Centre along with other workers both paid and unpaid
- Escort clients on afternoon outings and shopping expeditions, pushing wheelchairs as necessary
- Help to keep normal caring tasks such as toileting etc.
- Help to keep the Centre and kitchen areas clean and hygienic
- Complying with the Centre Organiser any issues you feel cause concern regarding the client group
- Operate within Age Concern Rotherham's policies and procedures

Person Specification:

Essential Skills:

- Interest in and empathy with older people
- Ability to work as part of a team
- Appropriate social and communication skills
- Patient, caring nature
- Mature and responsible approach
- Respect for the way others live

Desirable Skills:

- Interest in developing social activities
- Literacy and numeracy skills
- Flexible and adaptable
- Reliability

Hours: Negotiable

Responsibility to: Centre Organiser/
Health and Well Being Manager

Location: St Ann's Road