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| C:\Users\Staff\AppData\Local\Microsoft\Windows\INetCache\Content.Word\Dementia_strap.jpg**Help people to live well with dementia.** |  |
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| **Volunteer Role** | **Walking Group Buddy** |
| We welcome volunteers from all backgrounds and experience. |
| Providing vital companionship and helping to reduce social isolation  | * For people living with dementia.
* To increase the quality of life of people living with dementia in Oxfordshire.
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| What you will do | * Attend a monthly walking group in beautiful surroundings such as Blenheim Palace and other parks around Oxfordshire.
* Your role would include buddying up with people with dementia and their carers to make them feel welcome, keeping the conversation going through friendly chats and supporting our Dementia Advisers to ensure the safety of our clients.
* Undertake essential training offered
* Record details of contacts made on our database
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| Working with | * Small client base
* As part of a team of Dementia Oxfordshire volunteers
* Support & guidance from Dementia Advisers
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| Support & training  | * Ongoing support from the Volunteer Coordinator
* Training including induction, dementia specific training and adult safeguarding
* Ongoing training opportunities available
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| Time commitment | * An average of one hour a month (to include attending the walk and recording your own attendance on our database)
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| Benefits | * A chance to make a real difference to older people who are isolated
* A chance to use your own life experience to help people in your community
* Volunteering that fits easily around your existing commitments
* A chance to learn more about supporting people with dementia,
* The opportunity to gain valuable experience and increase confidence.
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| Skills and personal qualities | * Friendly, easy manner.
* Enjoy building relationships
* Empathy and good listening skills
* Fitness levels that can accommodate a 30-40 minute walk
* Happy to make simple records of your own attendance
* Able to evaluate and report concerns to Volunteer Coordinator
* The ability to work alone and as a part of the wider team
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| Declaration of Previous Criminal Convictions required? | Yes |
| How to apply / what happens next | If you like more information about any of the roles please call 01865 410210 or simply send your completed application form to volunteer@dementiaoxfordshire.org.uk and we will be in touch. |