

### Cognitive Stimulation Therapy (CST) Group Co-Facilitator

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- Service:** Remind, Dementia Support Service
- Section:** Portsmouth Support and Recovery
- Location:** Across Portsmouth: St Swithun's Church - Monday Activity Group
- When:** To start as soon as possible
- Commitment Required:** 1. Monday Activity Group - 2 hours from 9:30am to 11:30am
2. CST Group - 1.5 hours on a Monday from 1-2pm (Please Note, venue for CST changes as it rotates between North and South of the City)

We are looking for a volunteer to support both groups, however would consider a volunteer for each group and therefore, happy to support two volunteers, one for each group.

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#### Role Purpose:

To support in the running of the activity group and CST group for the Remind Dementia Support Service.

#### Main Responsibilities:

- To aid in the delivery of the activity group
- To aid in the development and co-facilitation of CST groups
- To provide a warm welcome to anyone attending the group
- To support refreshment making by buying refreshments such as milk for groups

#### About You:

#### Essential Requirements:

**Items on this list are vital for you to be suitable for this role:**

- Willingness to undertake training, in particular around CST online and other e-learning
- An understanding / lived experience of dementia
- To be confident in working with a group
- Physically fit enough to help carry boxes of activities and help setting up with tables, chairs etc.
- An Enhanced DBS will be required
- To have own transport to be able to get to venues across Portsmouth

## Desirable Requirements:

<b>Items on this list would be desirable:</b>
<ul style="list-style-type: none"><li>• Positive attitude to working with people with dementia and carers/family/friends</li><li>• The ability to talk to carers and people living with dementia</li><li>• Willing to help where necessary; providing refreshments, washing up etc</li></ul>



## What's in it for you?

- Gain experience in supporting activity groups.
- Training is provided.
- To be a much valued member of the Solent Mind volunteers team, as well as the Remind team.
- To potentially deliver parts of the group with the support of the Activity Facilitator if this is something that is of interest to you.
- To be supported and mentored by an Activity Group Facilitator.
- Gain experience and knowledge in Cognitive Stimulation Therapy group delivery.
- Reasonable travel expenses and training provided.

## Why we want you:

- Our groups are fun, busy and growing, so to be able to support more people with dementia and their carers, we need more volunteers to be able to do this.
- We cannot do without volunteers in order to deliver such a unique service.

## Additional Notes:

- Volunteer must undergo selection and DBS process.
- Reimbursement of transport costs.
- Paid for training in Cognitive Stimulation Therapy in order to be able to support CST Facilitator to deliver the group.

## For further information about this volunteer role please contact:

Sarita Tailor (Remind Service Manager) [stailor@solentmind.org.uk](mailto:stailor@solentmind.org.uk)

Matthew Winnington (Remind Service Manager) [mwinnington@solentmind.org.uk](mailto:mwinnington@solentmind.org.uk)

<b>Role Created/Updated:</b> 30 November 2021 <b>Created By:</b> Sarita Tailor
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## **DBS NOTE TO APPLICANTS**

### **Disclosure & Barring Service And Recruitment Of Volunteers**

Solent Mind has registered with the Disclosure & Barring Service (DBS), previously known as CRB, in order to make safe, well informed recruitment decisions. We are ensuring that all our relevant policies meet legal and best practice requirements.

We have assessed the role of:-

### **VOLUNTEER – ACTIVITY GROUP/CST THERAPY GROUP CO-FACILITATOR**

As requiring an:-

**Enhanced & Barred** level of disclosure.

All convictions, including convictions which would otherwise be “spent” under the Rehabilitation of Offenders Act 1974, must be disclosed for the purposes of this role application.

Solent Mind will determine the relevance of any convictions to the role applied for in line with guidance from the DBS.

Any applicant who is offered the role will be subject to a DBS check from the DBS before the appointment is confirmed. This will include details of cautions, reprimands or final warnings as well as convictions. Applicants will have the opportunity to discuss any disclosure information before a final decision is made as part of the post interview process.