

Weekly Dementia Support Group Volunteer – Role Description

About Arts and Minds

Arts and Minds is a small charity that uses the arts to help people living with mental health challenges. We offer a range of programmes across Cambridgeshire and Peterborough, including Arts on Prescription, a community choir, a drop-in Creative Cafe, and a pottery group for younger people with dementia.

About our weekly support group for younger people with dementia

We offer a Friday afternoon pottery group for participants diagnosed with dementia early in life. Sessions allow participants and their carers to handle clay and get creative in a safe and social setting. Participants are guided and supported by professional potters to make objects which are then glazed and fired for them to keep. Key to the success of the group is the strong bond that participants and carers form with each other and with the staff and volunteers.

About the volunteer role

You will be a friendly and supportive presence in the group – helping everyone to feel safe and relaxed. No experience of working with clay is required.

Specific tasks include:

- Arriving early to help set up (see time requirement below)
- Welcoming participants and their carers to the group
- Making tea and coffee
- Chatting with participants and their carers
- Supporting people to be creative
- Helping to clear up at the end of the session

Time and location

Friday afternoons from 1pm – 3.30pm (sessions run 1.30 - 3pm) at:
St Martin's Church
127 Suez Road (via Radegund Rd)
Cambridge
CB1 3QD

Parking is available at the venue, which is in walking distance of Cambridge central train station.

We are looking for someone who...

- Is friendly and good with people
- Is reliable, punctual, and can commit to attending on a regular basis
- Values creativity
- Can follow Health & Safety and Safeguarding processes
- Is able to start immediately

In order to get the most out of this role we recommend that you look to volunteer with us for at least 6 months.

You will be required to undergo a DBS check for volunteers and attend a Dementia Friends Information Session, at no cost to you.

What's in it for you?

- Join a friendly and supportive team
- Make a real difference to the lives of people diagnosed with dementia early in life and their carers
- Have fun getting creative with clay – no experience required
- Access training, support and wellbeing sessions run by Arts and Minds
- Gain experience of volunteering in the third sector
- Play a key role in a small local charity that's committed to supporting people living with mental health challenges
- Reasonable travel expenses will be covered

How to apply

Please submit your expression of interest for this volunteer role via email to admin@artsandminds.org.uk by **Friday 30th July**. Please include a cover letter stating your interest in the role and any previous / relevant experience, and a copy of your CV.



[Image description: pottery group creations]