



# FRIENDS OF NORTH TYNESIDE

## 'Social Isolation' volunteer

### *Helping To Combat Loneliness and Isolation*

#### **What Is Friends of North Tyneside?**

Friends of North Tyneside is a new project bringing together teams of volunteers aged 50+ to help improve the lives of children, young people and older lonely residents. Each volunteer will commit to giving two days per week for 12 weeks to help plan and carry out a community project. The project is delivered by VODA, a charity providing advice, training, information and support to volunteers and community organisations in North Tyneside.

#### **Social Isolation Role Description**

For many local residents, particularly those in later life, loneliness can have a really negative impact on their mental and physical wellbeing.

The Social Isolation project will be based at The Cedarwood Trust in North Shields, a community development charity that works to improve the lives of local residents. However there will be opportunities to work in the community.

Volunteers will work within your team to provide outreach to isolated, older residents living on the Meadow Well Estate and supporting them to engage in activities which will help to connect them with the community and improve their sense of wellbeing. This may include helping to deliver sessions such as armchair fitness, planning social events and developing links with other residents.

#### **What Will I Be Doing?**

You will volunteer as part of a team, playing a vital role in helping to contact socially isolated residents, provide information on support that might be available, and helping to deliver social events to help combat feelings of loneliness amongst local residents. You will be supported to:

- Connect with socially isolated residents by promoting, preparing and delivering meals within the community;
- Signpost socially isolated residents to services provided by the local authority and voluntary organisations
- Help organise social events and activities to improve health and wellbeing
- Help to ensure transport is in place to enable people to attend events

## What Skills and Experience Do I Need?

Volunteers do not require any qualifications or previous experience, but should be:

- passionate about combatting loneliness and isolation
- able to commit two days per week for 12 weeks
- willing to work as part of a team
- willing to undertake any criminal records check deemed necessary for the role
- willing to take part in evaluation activity throughout the programme.

## What Can I Expect From VODA?

In return for your valuable help we aim to ensure that your volunteering experience is fulfilling and worthwhile. VODA will provide you with:

- a dedicated member of staff to offer support and advice at all times
- training and induction relevant to the role
- reimbursement of all agreed out of pocket expenditure, including travel expenses.

## What's In It For Me?

Not only will you be making a huge difference to the lives of some of the most vulnerable residents in North Tyneside, you will also have the chance to:

- make new friends
- develop new skills as well as using your existing skills
- put your spare time to good use
- take on a new challenge
- receive reward and recognition from the community.

## I'm Interested – What Do I Do Next?

Anyone interested in this role should contact Amy Millar or Ian Dodds at VODA. They will be delighted to hear from you:

Tel: 0191 643 2625 /0191 643 2639

Email: [amy.millar@voda.org.uk](mailto:amy.millar@voda.org.uk) [ian.dodds@voda.org.uk](mailto:ian.dodds@voda.org.uk)

*VODA is committed to equal opportunities and diversity. This commitment extends to our volunteers and we welcome everyone from our community as a volunteer. We will not discriminate against our volunteers on any grounds.*