

Volunteer role description



Volunteer role description and skills profile

Role Title: Grief Kind Spaces volunteer

About the role:

As a Grief Kind Spaces Volunteer, you'll help people who have experienced bereavement within your local community in an informal group setting.

Many people experiencing bereavement have told us that the support they want is to come together and talk to others. Sue Ryder Grief Kind Spaces provide in-person drop-in sessions offering a safe and supportive place for people who have been bereaved. As a volunteer your role will be to help people connect, enabling them to come together to talk to others in a similar position. You'll also signpost people to other support services available when required.

Anyone can apply to be a volunteer; you do not need to have qualifications or previous experience. You just need to care about people who have been bereaved and have time to offer. We'll provide all the preparation, training and support you need.

Volunteers will:

- Offer peer-to-peer support within a community space/venue alongside other volunteers
- Be happy to volunteer on a rota support system
- Be able to actively listen and show compassion with a warm and caring approach whilst also knowing when to step back and enable the support to come from group participants
- Act as a valued member of their community by being an ambassador for local services and normalising grief in public
- Respond with sensitivity, giving people the time and support they need to work with grief and come to terms with their loss in a way, and at a pace that suits them
- Help and encourage completing evaluation forms from the group participants to ensure the support we are providing has a positive impact within the community
- To recognise and signpost when further support is required, with the support of your local coordinator
- To be able to hold and tolerate the distress of others without trying to fix them but instead ensuring you are grief literate via the training provided by Sue Ryder.

How often we'd like your support

Ideally, we hope you'd volunteer for between two-four hours per week on a rota however we are very flexible, and this can be discussed with your local coordinator.

Volunteer role description and skills profile (continued)

The skills and experience you'll need for this role

You will need to:

- Have good listening skills and the ability to reflect on feedback and learn from this
- Understand the limits of this role (bereavement support is not counselling)
- Be open-minded and tolerant of different lifestyles and values
- Be self-motivated and well organised
- Tolerate a range of emotions that come with loss
- Have a warm, friendly, adaptable approach.

What you can expect from us

- Induction and training programme with regular supervision from a dedicated local coordinator
- Ongoing training and development opportunities
- Regular telephone/face to face support
- A request for your feedback to help us support the success of Grief Kind Spaces
- Regular volunteer meetings within your community with other volunteers and your local coordinator.

Some of the benefits to you

- Make a real difference to people's lives within your local community
- Make new friends in a caring and dedicated team
- Develop your skills and experience in the healthcare sector
- Enhance your CV and gain written references for prospective employers
- Be a part of a team that celebrates diversity and respects cultural differences
- Increase your grief literacy by receiving training from, and then representing, a leading bereavement charity.

Additional information about volunteering

In addition to the specific duties and responsibilities outlined in this profile, all Sue Ryder volunteers should be aware of their specific responsibilities:

- Demonstrating a commitment to undergoing relevant checks, ongoing training and following all Sue Ryder policies and procedures
- Adhering to all health and safety and fire regulations and to cooperate with the charity in maintaining good standards of health and safety
- Promoting a positive attitude towards diversity and inclusion within the charity
- Demonstrating a commitment to Sue Ryder's aims, objectives, core values and behaviours
- All volunteers are expected to understand their duties and responsibilities relating to data protection. They should familiarise themselves with the Sue Ryder Data Protection policy and complete any related training requested of them.

You can find out all about Sue Ryder by visiting our website:

sueryder.org/about-us/what-we-do