

Together Tuesday Volunteer Guide

Together Tuesday welcomes people living with dementia and their family and friends to spend time together or apart in a relaxed and supportive environment. Volunteers are on hand to chat, provide refreshments and deliver fun and creative activities to those attending offering support where needed.

How much time will I need to give?

Together Tuesday takes place during term time only from 2:00pm to 4:00pm

Do I need special training?

We ask all of our volunteers to complete a dementia friend's information session. Have a DBS enhanced disclosure (police check) for working with vulnerable adults and complete a 30 minute safeguarding session with South Suffolk Leisure.

It takes three easy steps to get involved:

- 1** Arrange to have a chat with the Together Tuesday coordinator who will tell you all about the group and discuss your preferred interest of support, whether this is chatting, making the tea, running an activity, reading some poetry, arranging a sing along or anything else that you have to share.
- 2** Complete the volunteer personal data form
- 3** Book a date to attend your induction session and diary your volunteering commitments for the next four weeks.

After four weeks you will have a coffee and chat with the Together Tuesday coordinator to discuss your suitability for this volunteering experience and confirm that your DBS has been approved.

We are committed to treating everybody equally and respectfully and providing a safe environment for our clients and volunteers.

For more information on how to get involved with the Hadleigh Dementia Action Alliance contact us now at: hadleighdementiafriends@ssleisure.co.uk

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