

Volunteer Role Profile

Role	Early onset dementia buddy
Line Manager	Emma Higgs, LUCT Project Manager
Location	Various – based from Nosterfield Nature Reserve
Minimum Commitment	2.5hrs every other week, possibly becoming every week if this would work for both parties. Either Tuesday or Friday morning from 10am – 12:30pm.

The Lower Ure Conservation Trust is committed to welcoming people from all sectors of our local community to get involved with our work. In recent months we've been actively engaging with colleagues from Dementia Forward and looking for ways to make our volunteering activities inclusive for people with early onset dementia.

What to expect from this role

We're now looking for volunteers to buddy up with people who have early onset dementia to help them engage with our practical conservation volunteering days.

If you're interested in getting into the outdoors, enjoy being in nature and have the ability to work alongside someone to help them get the most out of conservation volunteering this is a great opportunity.

You'll become a key member of LUCT's well established and welcoming volunteer team.

What you will be doing

Providing companionship and support to a person with early onset dementia at our regular volunteering days.

Encouraging your buddy to get involved and have a go.

Alongside your buddy, helping with appropriate practical conservation tasks such as scrub control, planting and looking after footpaths.

The skills you'll need

- Good listening and communication skills
- An interest in and empathy for people with early onset dementia
- Ability to provide non-judgemental support and encouragement to your buddy
- Honesty, reliability and a commitment to be flexible and support your buddy's needs
- An interest in nature & the outdoors as well as being comfortable with outdoor working

Training

You will receive full training and support to help you to prepare for this role (including specialist training provided by Dementia Forward) and you'll be required to complete some mandatory training before you begin.