



Volunteer Role Description

Role Title: Bereavement Friendship Group Co-Host

Purpose: To co-host a twice-monthly community peer support group for bereaved adults.

Main Tasks:

To be a welcoming, warm and friendly presence for adults who are bereaved and want to meet with others in the same position.

To facilitate the provision of free refreshments.

To ensure the safety of those who attend the venue and be aware of the risk assessment and Mindset Vitality's Health and Safety policy.

Location: Local communities across South Wales.

Working With: Gaynor Rosier and other volunteers engaged in the same role.

Personal Requirements:

- Enthusiasm for the aims and work of the service.
- Sensitive to the feelings and needs of bereaved people.
- Empathy and compassion.
- Reliability and commitment.
- Able to meet online to discuss and plan with Gaynor and other volunteers.

Other Requirements:

- Able to drive and have transport to get to community venues.
- First aid trained or willing to qualify.

Benefits to the Volunteer:

- Valuable work experience within a social care charity.
- The chance to co-host and develop teamwork skills.
- The opportunity to develop listening skills and confidence around bereavement.
- An opportunity to learn about the experiences of bereaved people.

Training and Support:

Volunteers receive grief awareness training and can shadow an experienced co-host.

Expenses: Reimbursement of travel expenses and group refreshments purchases.