

PSPA Volunteering

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| Role | PSPA Link Volunteer |
| Location | Throughout UK |
| Time commitment | Approx 2 hours a week |

Do you enjoy listening to and helping people? Are you looking for a volunteering role where you can do just that, which fits in around your family, studies or other commitments? By becoming a Link Volunteer and donating your time, energy and skills, you can make a real difference to the lives of people affected by PSP & CBD.

Why we need you?

Living with a diagnosis of PSP or CBD is life changing and at times families may need support to help them through difficult times. It can put a strain on personal relationships, as well as, people's mental health. Having someone to talk to regularly about their worries really can make a difference.

Why not be that person, by providing information, practical and emotional support to people living with PSP & CBD and their families in your local community. This support can be face-to-face or via phone.

What's involved?

- Offer emotional support to people affected by PSP & CBD
- Explain the range of support and services that PSPA can offer
- Enable people to identify problems as they arise and explore how these might be managed, outlining the sort of options available and how to access them
- Keep accurate and relevant records in accordance with PSPA's guidelines
- Attend regular training and development events
- You will need to be able to work as a team and have the ability to develop and maintain supportive relationships.

What skills do I need?

- Empathetic and supportive
- Effective communicator
- Reliable
- Understanding of dealing with sensitive and confidential information
- Excellent listening skills

- Be computer literate, have basic admin skills and be able to travel within your local area.

Rewards of becoming a PSPA Link Volunteer

- An opportunity for self-development
- The opportunity to make new friends
- The opportunity to be valued as part of a team
- Use existing skills and learn new ones
- Make a difference to people living with PSP & CBD and their families.

Training

We offer a comprehensive learning package that can be completed in your own time and covers all aspects of the role. Where possible, a visit to our offices in Milton Keynes as a final training day completes the process. This will also be an opportunity for you to meet and get to know members of staff and increase your own knowledge and understanding of PSP & CBD and the wider work of PSPA.

Interested?

For more information or if you have any questions or queries regarding this role please contact the volunteering team on 01327 356137 or volunteering@pspassociation.org.uk

We would love to hear from you!

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