

PSPA Volunteering

Role	Support Group Helper
Location	Throughout UK
Time commitment	4 hours a month

Why we need you

Our support groups are part of PSPA's invaluable support services. They make a huge difference to those people affected by PSP & CBD. Due to the success of these groups, some of our group coordinators are finding they need some extra support with running the group.

What's involved?

Tasks will vary from group to group but could include:

- Assisting in organising meetings
- Preparing and distributing refreshments
- Meeting and greeting people at each meeting
- Supporting the group coordinator.

What skills do I need?

- Able to make introductions at meetings
- Reliability
- Enjoy meeting people
- Willingness to work as a team
- Warm, empathetic manner
- Eagerness to help
- The ability to make cakes could also be useful – but definitely not essential.

Rewards of becoming a Support Group Helper

- Opportunity to meet new people
- Enjoy a high level of personal fulfilment
- Enhance your organisational skills
- Increase your knowledge and understanding of PSP & CBD and the wider work of PSPA.

Training

No training is required for this role.

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!