

**JOB DESCRIPTION & PERSON SPECIFICATION**

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| **Clinical Staff** |  | **Non-Clinical Staff** |  | **Volunteers** |  | **Flexi-Bank Staff** |  |

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| **ROLE:**  | **Fatigue and Breathlessness Group** **Volunteer**  |
| **REPORTS TO:** | Rehabilitation Team &Volunteer Services Manager |
| **PAY BAND:** | Volunteer Role |
| **LOCATION:** | Hospice, Douglas |
| **WHEN:** | Weekly on Thursdays 13.00 – 16.00 and every other Wednesday 10.30-12.30 |

**PURPOSE OF ROLE:**

The Fatigue and Breathlessness (FAB) Group is an 8 week programme for individuals with a range of conditions which cause fatigue and breathlessness. During the programme individuals are supported to understand why they are feeling the way they are, to find ways to manage their symptoms and to achieve the best possible quality of life.

After completing the 8 week programme individuals may continue to come to Hospice for the FAB Follow on Group.

The Hospice Rehabilitation team are seeking a volunteer(s) for their FAB and FAB follow on sessions. The role requires someone who is interested in exercise and activity or has a background in rehabilitation and is motivated, enthusiastic and interested in wellbeing.

FAB is held every Thursday afternoon in our Rehabilitation Suite, the volunteer would be required to come in from 13.00-16.00 to help set up prior to the session and clean equipment post session.

FAB follow on is held every other Wednesday morning in our Rehabilitation Suite, the volunteer would be required to come in from 10.30am-12.30pm to help set up prior to the session and clean equipment post session.

**KEY DUTIES:**

* Support the safe delivery of the FAB and/or FAB Follow on sessions, to include set up of the room, session delivery which includes physical activity, education and relaxation and cleaning of equipment after the group.
* Encourage members to participate and join in the group, helping improve their general sense of wellbeing and reducing feelings of fatigue and breathlessness.
* Work closely with our Rehabilitation Team.

**Person Specification: What we need you to bring**

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| **Qualifications:** | **Is it essential or desirable** | **How we will assess** |
| Qualification related to Rehabilitation or Physical exercise | **D** | **A & I, D** |
| **Experience:** |
| Experience in Rehabilitation or exercise | **D** | **A**  |
| An interest in exercise, physical activity and wellbeing | **E** | **A** |
| **Skills/Competencies:** |
| Enthusiastic and motivated with a positive attitude | **E** | **A & I** |
| Communicate clearly and sensitively with a wide range of people | **E** | **A & I** |
| Conscientious and committed to providing a quality service | **E** | **A & I** |
| To be able to work as part of a team | **E** | **A & I** |
| **Personal Qualities/Behaviours:** |
| A social person who enjoys interacting with others | **E** | **A** |
| Caring | **E** | **A & I** |
| Respectful of others and their diversity | **E** | **A & I** |
| Friendly and approachable | **E** | **I** |
| Total discretion and confidentiality | **E** | **I** |
| **What We Offer** |
| A friendly environment in which to volunteer |  |  |
| The opportunity to make a difference to people at a difficult time in their lives |  |  |
| A chance to meet new people and create friendships |  |  |
| To be able to use professional skills for the benefits of others |  |  |
| A chance to develop your CV |  |  |

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| **How we will assess you** |
| **A** Application & CV | **I** During your interview | **D** When you produce  your documents | **T** Test to assess your  practical competence |