

Community Group Volunteer (General) role description

Role title	Community Group Volunteer (General)
Reporting to	Programme Lead
Time Commitment	This is a flexible role; we would ask you to commit to one group meeting per month where possible and other duties vary depending on need
Purpose of the role	Under the supervision and guidance of the programme lead you will be asked to support our community groups which provide our members with social support in a safe and welcoming environment on their recovery journey. The goal of these groups is to reduce social isolation, while helping members to make friends, develop confidence and self-esteem and take part in enjoyable activities with peers.
What you will be doing	Duties may include helping to coordinate group sessions by setting up/clearing away the room, providing refreshments, supporting group activities and encouraging members to take part. You should provide a friendly and empathetic listening ear and talk to our members. You may also represent the charity at community level as a community ambassador for our national campaigns.
Skills, experience, and qualities needed	<ul style="list-style-type: none"> • Commitment to IHFs values. • Ability to work within IHF Safeguarding & Volunteering policies and guidelines. • Comfortable working as part of a team. • Be patient, friendly, approachable and understanding. • Recognise the importance of confidentiality. • Have a friendly and approachable manner and be comfortable welcoming people to the group.

<p>What you could get out of it</p>	<ul style="list-style-type: none"> • Comprehensive induction, training, and ongoing support. • Learn about IHF campaigning work. • Being part of a friendly and diverse team. • Reference • Access to our EAP
<p>Other relevant information</p>	<p>This role requires the volunteer to have a Garda Vetting check. Guidance on how to do this will be provided by the IHF Volunteer Programme Team</p>
<p>Benefits of Volunteering with The Irish Heart Foundation</p>	<ul style="list-style-type: none"> • Full training provided & ongoing support and guidance. • Insights and understanding about social inclusion issues • References provided upon completion of required period of service. • Experience of working with a national charity and to be part of our volunteer community • Employee Assist Programme (EAP) for you and your family • Make a valuable contribution to heart patients and stroke survivors recovery journey • Opportunity to progress into other roles
<p>What to do if you're interested</p>	<p>Email ihfvolunteer@irishheart.ie</p>