

Music Memory Volunteer

Role Description

We are so glad you want to be a volunteer with The Forget Me Notes Project. Being a volunteer is an important role and something that Forget Me Note values. This means that we value you and will support you to offer and receive the best volunteer experience you can.



Background

At The Forget me Notes Project we aim to challenge isolation, build community and provide environments of communication and achievement using music. We are built upon dementia friendly values that enable each person who uses the service to feel fully involved and enabled to tell their story, even if this is without words.

Role Purpose

The project first began as a community choir but we soon saw the need to broaden the service, realising the importance of music and memories to those who attended. We want to work with volunteers to take music into the homes of people living with dementia. This is an Edinburgh-wide project that will enable people to bring community connections into their lives when their dementia has reached a stage where public outings can be difficult.

Specific Tasks

- Visit individuals and their carer/family in their own home or care home setting
- Use pre-recorded music, streaming service, or instruments to sing or play music together
- Explore memories and experiences through the use of music and reminiscence
- Make brief and confidential records

Skills and Qualities Needed

- An enjoyment and belief in the power of music; the ability to play an instrument is *not* specifically required
- Friendly and warm manner, good spoken English and reliability
- Ability to travel to visits across Edinburgh, and respect for the volunteering environment in a private home or care home
- Ability to work on your own; understanding that others may be around during a session
- Enthusiasm for volunteering and the ability to represent The Forget Me Notes Project values in a positive and effective manner

Commitment

- Minimum of two visits per month of up to one hour each plus travel time
- Minimum of six months commitment, during weekday daytimes
- Willingness to reflect on your experiences and receive support for your role

Support and Training

- Training will be provided to all volunteers in areas such as dementia awareness, safeguarding, being with vulnerable people, reminiscence, the use of music and iPad
- Opportunity for reflection on your role will be provided every two to three months
- Guidance and support is available at others times by phone, text or email
- You will need to become a member of the PVG scheme, which we will organise for you
- Expenses are available for mileage or bus fares with receipts

What's in it for me?

We hope you will meet new people and receive satisfaction and the 'feel good factor' through both what you offer - and receive - from your link family. If you are looking for paid work we hope you will gain skills and experience in this role that will be useful in a variety of other support services; we are happy to be asked for a reference after 6 months. If you are looking for a new focus for your life, or to give something back, we hope you will feel a sense of belonging and community with the Forget Me Notes family. You will receive an invitation to twice-yearly Volunteers' Social Events and other Forget Me Notes Project events.

Expectations of our volunteers

- Willingness to abide by The Forget Me Notes Project Policies and Values
- Willingness to use support systems and receive training and feedback
- Cooperation with administrative tasks e.g. filling in Visit Log

What next?

Please fill in a volunteer information form available by email or on our website. We will contact you soon to let you know if we are able to invite you for a short, informal interview.

For any questions or for more information please contact our Volunteer Coordinator, Elizabeth White elizabeth@forgetmenotes.org.uk or 07419 282 071

