KOCO COMMUNITY RESOURCE CENTRE

ACTIVE MIND AND BODY PROGRAMME

KOCO Community Resource Centre is a small local charity which, through the use of volunteers, is delivering group work sessions to older people in residential care and community venues. We are currently delivering our Cognitive Stimulation based (CST) Active Mind & Body programme via twice weekly one hour sessions with each session focused on a different theme including:

- Physical activities, Craft activities, Music, Food and Quizzes

The fun and informal sessions aim to actively stimulate and engage, whilst providing a comfortable learning environment and the benefits of social interaction.

Volunteering Opportunities

Assessments
Volunteers will work with care staff to complete Pool Activity Level assessments (See appendix below) with older people in care home to identify areas for positive intervention and suitability for our Active Mind and Body Programme.

Group Work Support: The Active Mind and Body Programme contains simple fun activities which only really require enthusiasm and compassion to deliver. It is expected that the sessions will continue until the summer in the first instance.

A short training course is offered to new volunteers which covers the core aspects of volunteering including: Health and safety, safeguarding vulnerable people, effective communication, confidentiality and boundaries.

Where and When
Our groups will be taking place at Earlsdon Park Retirement Village, Ashleigh House care home, Eric Williams care home, St Peters Church, University Hospital Coventry and Warwickshire with other locations are yet to be confirmed. The sessions are usually held daily 11am – 12am or 2pm - 3pm at the various locations.
Requirements

- Warmth, Compassion, Patience, Enthusiasm and Good communication skills
- References
- Interview
- Volunteers should be able to commit to a minimum of one, one hour slot per week for 3 months

Appendix

**Pool Activity Level (PAL)**

Developed by Jackie Pool, the Pool Activity Level (PAL) instrument has become the framework for care in settings across the UK for clients with cognitive impairments caused by conditions related to dementia, strokes and learning disabilities.

The PAL Instrument contains a valid and reliable tool for assessing level of ability which is recommended in the National Clinical Practice Guideline for Dementia (NICE, 2006), for activities of daily living and for leisure activity. The instrument also contains profiling tools for interpreting the assessment in order to plan and deliver effective, enabling care and support.