Role Description
Melody for the Mind Volunteer

Melody for the Mind sessions are friendly, fun group sessions which bring people with dementia and their carers together at their local library to sing or listen to a variety of well known songs and rhymes. Singing and attending a social activity such as Melody for the Mind has been shown to have positive effect on wellbeing and can be beneficial for people with dementia and other conditions.

General description of duties

As a Melody for the Mind volunteer, you will plan, set up and lead a regular (weekly, fortnightly or monthly) group session at your local library, singing simple songs and rhymes and using percussion instruments to bring people with dementia and their carers together in a safe and friendly environment. A core collection of songs and resources will be available to help plan each session and library staff will provide additional support. Carers are asked to remain in the library and encouraged to participate in the group.

Skills required

- Singing ability desirable but not essential
- Understanding of the needs of people with dementia
- Communication and interpersonal skills.
- Ability to lead a group in singing
- Adaptable to the different levels of ability of those attending
- Knowledge of suitable songs
- Organisational and administrative skills.

Ideal volunteer

- Enjoys communicating with and spending time with people, particularly people with dementia and other conditions.
- Demonstrates patience, empathy and understanding.
- Listens to the customer's needs and tailors their support accordingly.
- Enjoys singing and music and able to select appropriate songs
- Understands the benefits of singing for people with dementia
- Commitment to the equality and diversity of the local community.
- Age 18+
Details of duties

- Planning regular Melody for the Mind sessions and selecting a suitable selection of songs/rhymes for the group
- Leading a singing group for people with dementia and other conditions and their carers using the range of library resources and percussion instruments.
- Setting up/clearing away at the beginning/end of each session
- Being aware of the needs of those attending and adapting the sessions accordingly
- Including time for socialising and conversation during the session
- Reporting any concerns or issues to library staff
- Co-ordinating with other volunteers and library staff

Regularity of duties

Regularity of sessions will vary at each library. Volunteering could be weekly, fortnightly or monthly and will be dependant on demand at individual libraries.

Guidance, training and support

Most sessions will be run with staff support in libraries and library staff will be available to deal with queries. You will also have a named mentor who can provide additional support and information. Full induction training and role specific training will be provided and there will also be the opportunity to attend additional relevant training such as Dementia Friends information sessions.

Disclosure and Barring Service check (DBS)

This role does not require a DBS check.

References

One reference will be required before the volunteer is accepted for the role. This will be someone who has known you in a personal, work or voluntary capacity for at least three years.

Other information

Volunteers will be required to wear an ID badge whilst in the library and an up to date photograph will be required for your identity card.