

Volunteer with Sage

Are you interested in making connections with older LGBT people?

Sage is a Time To Shine project focused on reducing the social isolation faced by older LGBT people. Sage offers activities, events, opportunities for volunteering and training.

We are recruiting more volunteers to help us create our newsletter and to socialise at our Drop IN sessions

Contact Jude Woods if you want to get involved:

Mobile: 07736151 895 Landline: 0113 244 4209

Email: j.woods@mesmac.co.uk

Mail: 22/23 Blayds Yard, Leeds, LS1 4AD

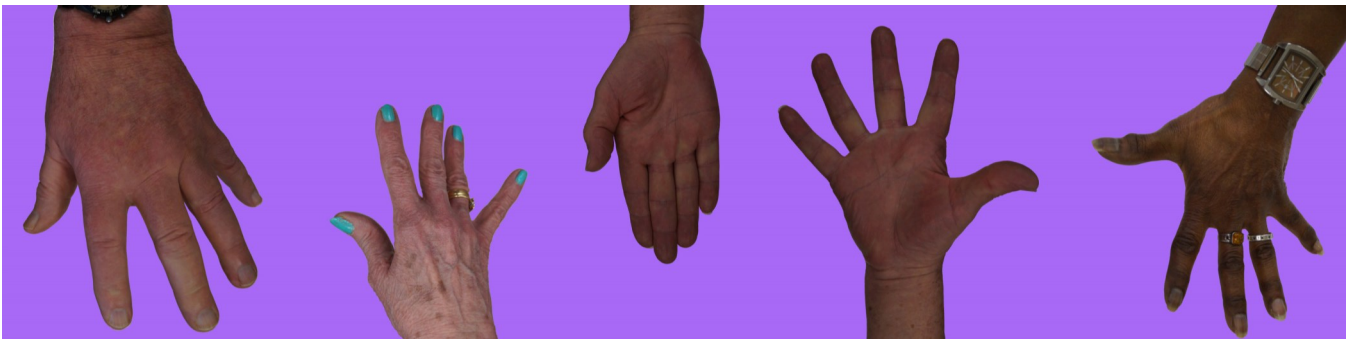
Facebook: Search for Jude Mesmac

www.mesmac.co.uk www.ageuk.org.uk/leeds/

www.timetoshineleeds.org/



(LGBT: Lesbian, Gay, Bisexual, Trans,)



We are recruiting new **Volunteer Buddies** who support older people to participate in a Drop IN socials on Thursday and Saturday afternoons. Ability to chat and availability on the first Thursday of the month and /or the third Saturday of the month are essential.

We also need **volunteers** for our **Promo Group** who create a monthly newsletter in an intergenerational session. Good digital skills (or willingness to learn), an interest in working with older people and availability on the third Saturday of the month are essential.

It is also an option to combine both roles.

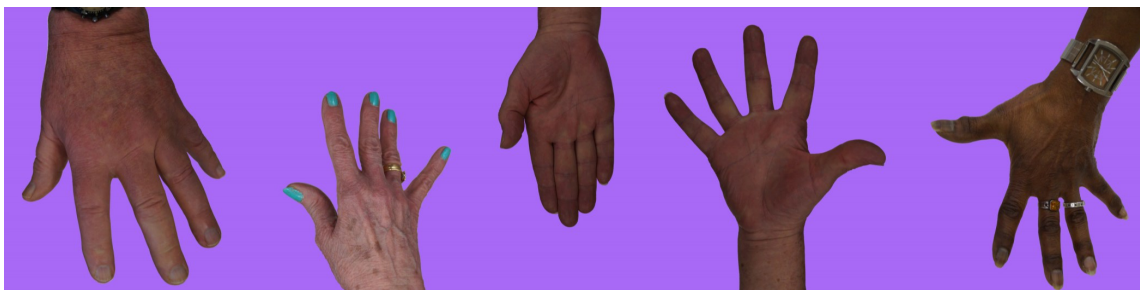
Induction and Training: 16/12/17 10 - 4

Volunteer Buddies will need to attend both Induction and Training, lunch will be provided and the session will be at the Leeds MESMAC office (22/23 Blayds Yard, Leeds, LS1 4AD).

Volunteers for the Promo Group will need to just attend the Induction session (10 - 12) but are also invited to stay for lunch.



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Sage Promotions Group - Volunteer Role

Role Purpose: To support the Sage project by participating in the Promotions Group

Overview: The Sage project provides opportunities for social activities for older (50+) Lesbian, Gay, Bisexual and Trans (LGBT) people. People of any age can become volunteers who will work with others to promote the project by participating in the Promotions Group. The role requires this participation in the meetings as a minimum commitment but volunteers can also choose to undertake additional activities (between the meetings) which help to promote the project.

Tasks & Responsibilities:

- Attending and participating in Promotion Group meetings.
- Optional: additional tasks related to the work of the Promotions Group, this might include things like researching information, preparing materials for the newsletter and flyers; representing Sage (and MESMAC/ AGE UK Leeds/Time To Shine) at events or distributing flyers to key locations in Leeds.

Skills, Experience and Qualities:

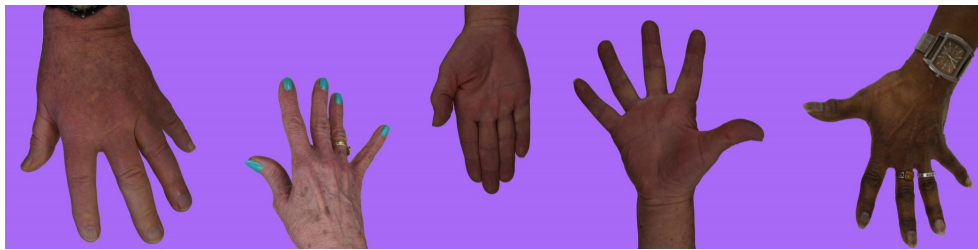
- Willingness to work collaboratively with others and in intergenerational groups.
- Digital, social media, writing and graphic design skills helpful (but not essential) willingness to learn these skills and to share knowledge and tasks with others.
- Positive, supportive and respectful attitude towards older LGBT people.



LOTTERY FUNDED



(LGBT: Lesbian, Gay, Bisexual, Trans)



Sage Buddy Scheme - Volunteer Role

Role Purpose: To become a Sage 'Buddy' who will support older Lesbian, Gay, Bisexual and Trans (LGBT) people.

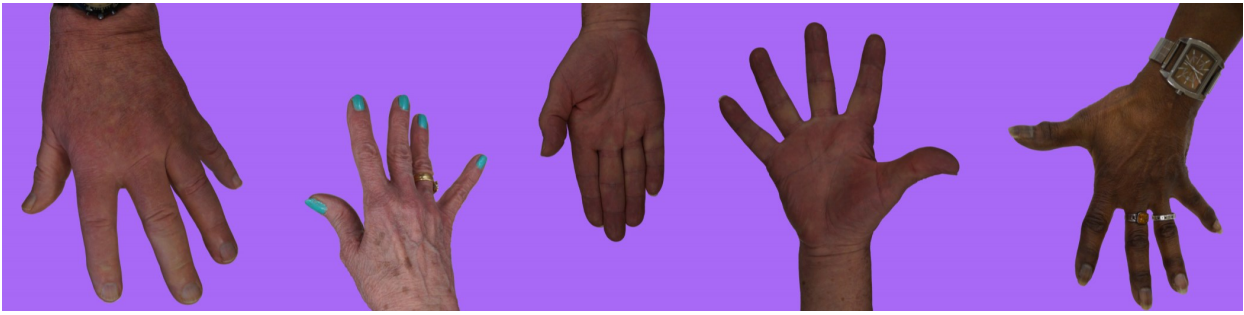
Overview: The Sage project provides opportunities for social activities for older (50+) LGBT people. LGBT adults of any age can become 'Buddies'; volunteers who support group activities, like the Sage Drop IN, and provide short term support to individual older LGBT people to enable them to participate in social activities. Buddies are also used to support older people at events like Pride.

Tasks & Responsibilities:

- Supporting group activities; doing practical things like making tea; welcoming and encouraging social connections and helping people to participate in activities and at events like Pride.
- Supporting an individual, using an agreed plan, to remove or reduce the barriers which prevent them from participating in social activities.

Skills, Experience and Qualities:

- Positive approach: this role is for people who have a supportive and respectful attitude towards older LGBT people.
- Good communication: volunteers should be able to actively listen to the views of the older person and be considerate of individual communication needs. This role suits people who are gregarious and enjoy socialising with people from different backgrounds.
- Management of boundaries: volunteers should be able to keep within the boundaries of the role and be clear about the level of support that they can offer within the role.



When and Where:

Promotions Group meetings will be monthly and there may be tasks to complete between meetings. Meetings will take place at the MESMAC offices every third Saturday of the month and usually last for 2 hours with a break. BSL interpreters and any other access needs will be met to enable full participation.

Buddies need to be available during the day on the first Thursday and/or the third Saturday of the month so that they can attend Drop IN sessions at MESMAC.

Age UK Leeds/MESMAC Commitment:

All Age UK Leeds/MESMAC volunteers are offered a full induction. Volunteers also have access to training, informal supervision, briefings and opportunities to participate in social events. All agreed out of pocket expenses such as travel costs will be met by Age UK Leeds/MESMAC.

We offer:

- full support , training and work experience
- opportunity to develop new skills and interests
- chance to meet new people
- opportunity to contribute to and be part of established organisations specialising in the knowledge and understanding of both older people and LGBT+ communities of Leeds.



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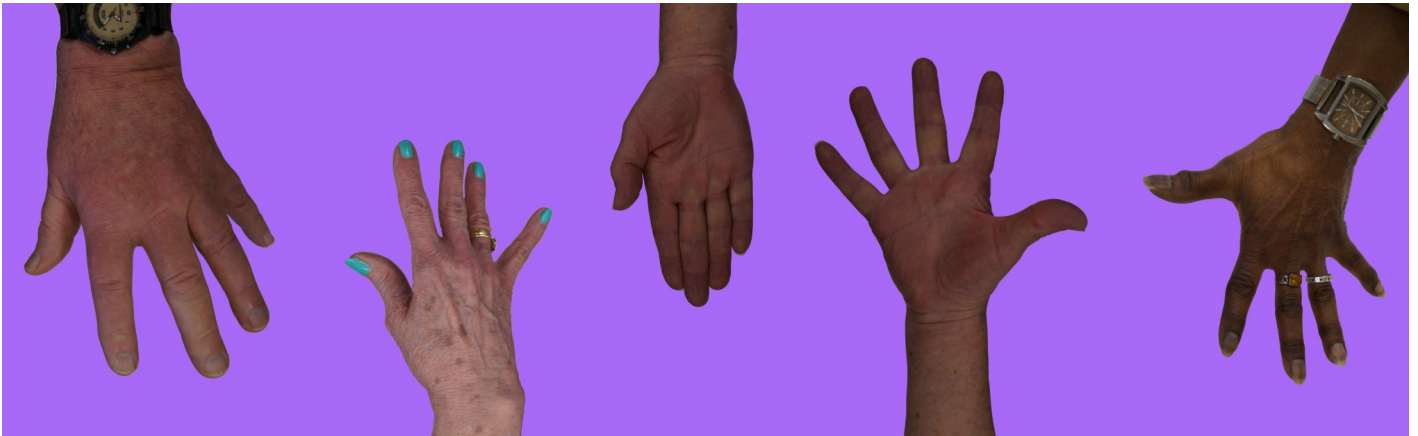
Drop-IN

First Thursday of the month
AND third Saturday of the month (except December)

MESMAC Leeds



5/10/17 & 21/10/17, 2/11/17 & 18/11/17 Christmas Social: 21/12/17



Sage offers a twice monthly Drop-IN social for older LGBT people, drop by anytime between 12.30 and 4pm for a cuppa and a chat. Meet other older people, Sage volunteers and the Community Development Worker (Jude Woods) and find out more about the project.

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