

# BOLD Volunteer - Role Specification

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**Role Title:** BOLD Programme Volunteer – Dementia, Bereavement & Older LGBTQ+ Support

**Location:** Across Sussex, including:

- Beehive Care, Lancing
- Tower House, Brighton
- Brighton LGBTQ+ Caring Group
- Plus, additional Brighton-based groups, events, outreach, and occasional trips. All venues are wheelchair accessible.

## About the BOLD Programme

BOLD supports LGBTQ+ people who are bereaved, older, or living with dementia, as well as LGBTQ+ carers. We create safe, identity-affirming spaces where people can connect, share experiences, and access compassionate peer support. Our work includes monthly dementia groups, carers' groups, bereavement support, creative grief sessions, social meetups for LGBTQ+ people aged 50+, and one-to-one support.

Volunteers are central to making these spaces welcoming, inclusive, and grounded in lived experience.

## Purpose of the Role

To support the delivery of BOLD's dementia, bereavement, and older people's activities by helping create warm, safe, inclusive environments where LGBTQ+ people feel heard, respected, and connected. Volunteers help with group support, creative activities, social events, outreach, and practical tasks that make our services run smoothly.

## Key Activities

Depending on your interests, skills, and availability, you may support:

### Dementia & Carers Groups

- Welcoming attendees, helping them feel comfortable and included
- Supporting monthly sessions at Beehive Care (Lancing) and Tower House (Brighton)
- Offering gentle conversation, listening, and practical support
- Assisting with set-up, refreshments, and accessibility needs

- Helping LGBTQ+ carers feel supported and connected

## **LGBTQ+ Caring Group (Brighton)**

- Supporting a safe, peer-led space for LGBTQ+ people who are or have been carers
- Helping facilitate conversation and connection
- Ensuring the group remains inclusive and trauma-informed

## **Bereavement & Grief Support (The Grief Project)**

- Supporting Grief Meets monthly themed sessions
- Assisting with creative or reflective activities (e.g., art, crafting, photography, textiles)
- Helping create a gentle, respectful environment for people exploring grief
- Understanding the unique challenges LGBTQ+ people may face around loss

## **Older People's Groups & Social Activities**

- Supporting coffee mornings, walks, trips, and social meet-ups
- Helping LGBTQ+ people aged 50+ build community and reduce isolation
- Providing light-touch practical support during events
- Assisting staff with one-to-one support visits where appropriate

## **Community Events & Outreach**

- Representing Switchboard at Pride, Ageing Well Festival, and community events
- Talking to the public about BOLD services
- Befriending via our rainbow neighbour's programme
- Helping distribute flyers, posters, and promotional materials across Sussex

## **Creative, Administrative & Specialist Support**

- Assisting with data entry, resource preparation, or event logistics
- Supporting creative bereavement groups with your artistic skills
- Helping design promotional materials (if you have design experience)
- Contributing to workshops on life planning, safety, or wellbeing (if you have relevant expertise)



We welcome volunteers with lived experience of dementia, caring, bereavement, or ageing, and those with creative, practical, or community-focused skills.

## What You'll Bring

You don't need previous experience. We're looking for volunteers who are:

- LGBTQ+ (all volunteers must identify as part of the LGBTQ+ community)
- Warm, compassionate, and good listeners
- Reliable and comfortable supporting people who may be vulnerable
- Respectful of diverse identities, backgrounds, and experiences
- Able to maintain confidentiality and healthy boundaries
- Open to trauma-informed, inclusive ways of working

## What You'll Gain

- Experience supporting community groups and wellbeing activities
- Skills in listening, empathy, facilitation, and community engagement
- A supportive volunteer community and regular check-ins
- The chance to make a meaningful difference in LGBTQ+ people's lives

## Time Commitment

Flexible. Most volunteers support one or two monthly groups, plus occasional events or activities. You can choose the areas that best fit your interests and availability.

## Support & Supervision

You'll receive:

- Full induction and role-specific training
- Ongoing supervision and wellbeing support
- Clear guidance from BOLD staff at every session
- Opportunities to develop your skills and confidence