



**NORTH SHORE
STROKE
RECOVERY CENTRE**

*Two Degrees of Separation
If you don't know a stroke survivor
you know someone who does.*

Description of the North Shore Stroke Recovery Centre

The North Shore Stroke Recovery Centre's primary focus is supporting stroke survivors in their recovery through improving quality of life and building up self-confidence and independence. Since 1974 we have been the main provider of stroke recovery and community re-integration services to North and West Vancouver residents. We offer peer and volunteer supported programming in an inclusive group atmosphere. Most of our members are older adults (55+).

Duties & Roles a volunteer can undertake:

1. PROGRAM ASSISTANT

Description: Program assistants provide support and encouragement in weekly programs and activities offered to members at the Centre. Areas of need include **Exercise, Music, Speech, Art, One-to-one program support, Computer/iPad assistance**. Or, if you have a talent you would like to share, let us know! You will work under the direction of a staff member.

2. 1:1 ACTIVITY TIME

Description: Working 1:1 with a member on an activity or just spending some social time with someone who may want to have conversations.

3. NEXT STEP WALKING PROGRAM ASSISTANT

Description: Go for a walk in Capilano Mall with some of our members and provide assistance and companionship where needed. It is not only a fun time for social connection for our participants, it is also an opportunity for them to get out to do some of their errands in a safe place, knowing that there is someone there to assist them.

4. ADMINISTRATIVE SUPPORT

Description: Administrative support involves simple tasks like taking members' blood pressure, prepping for games, setting up and taking down the room before and after the program.

Mandatory Requirements: Proficient in spoken English and comfortable working with adults living with the effects of strokes. All volunteers must have references and criminal record checks.

Hours of Work: 4 hours/week; either 8:30 a.m. – 12:30 p.m. or 10 a.m. – 2 p.m.; Monday, Tuesday, Wednesday and/or Thursday. Mall walking is on Friday 9:00 a.m. – 12:00 p.m.

The contact person is Gail Snelling (gail@nssrc.org) and the main phone # for the Centre: 778-340-5803

North Shore Stroke Recovery Centre

225 East 2nd Street, North Vancouver, BC V7L 1C4 Tel: 778-340-5803 Fax: 778-340-8730 www.NSSRC.org