

Ageing Well Generic Volunteer Role Descriptor

Role Purpose

Why we need you

The Ageing Well programme provides support for older adults (>50) to be physically active in Edinburgh. Sessions take place in community venues throughout the city and are led or supported by trained Ageing Well volunteers (who are older adults themselves).

As an Ageing Well volunteer your role is to lead or support the delivery of activities where the emphasis is on making physical activity accessible and enjoyable and meeting new people.

The project is run in partnership with NHS Lothian and is part of the UK Ageing Well network, which aims to increase the expectation of good health in older adults.

Please check out our webpage for more information on our activities <https://www.edinburghleisure.co.uk/ageing-well>

Specific Tasks

What will be involved?

Activities have been developed to cater for a wide range of tastes and abilities. Our current programme includes an allotment project, buddy swimming, chair-based exercise, chair-based yoga, cycle skills, dancing, indoor new age kurling, photography singing and a walking programme. There's a lot to choose from!

Due to the diverse range of activities, we have several volunteering opportunities available on the project. Full role descriptors for each opportunity are available upon request from the list below.

- Walk Leader
- Cycle Skills Instructor
- Buddy Swim Volunteer
- Activity Support Assistant (most activities)

Full training will be provided for each volunteer prior to commencement of role.

Skills and Qualities	<p>Essential for Ageing Well volunteers</p> <ul style="list-style-type: none"> • Open, warm, and friendly manner • Effective communication and active listening skills • Commitment to the role • Excellent time-keeping skills • Willingness to undertake training required • Reliability • An awareness of your own limitations and boundaries • Ability to work alongside others in a team • Non-judgemental
Support and Training	<p>Training</p> <ul style="list-style-type: none"> • Core Training (2 hours) • Other specific training dependant on volunteer role to be undertaken <p>Support</p> <ul style="list-style-type: none"> • Support at group meetings • Peer support network • One to one support sessions • Project team available to assist and support
Expectations	<p>You are expected to:</p> <ul style="list-style-type: none"> • Carry out all tasks in a line with Edinburgh Leisure's purpose and values and in line with the volunteer policy and agreement • Carry out all the tasks in line with your training and health and safety legislation • Respect other volunteers, service users and Edinburgh Leisure staff • Respect confidentiality • Respect the human rights of others • Abide by the Ageing Well Volunteer Agreement • Attend training and support sessions as required
Commitment	<p>We ask that you commit to a minimum of 1-2 hours per week (where possible).</p>
Location	<p>The Ageing Well programme is delivered city-wide with activities running Monday-Friday at various locations and times throughout the morning, afternoon, and evening. We will work with you to determine which activity/location/day suits you.</p> <p>Locations include:</p> <ul style="list-style-type: none"> • Community Centres • Leisure Centres • Church Halls • Outdoors

Disclosure / PVG Requirements	<p>Volunteers will be required to undertake a Disclosure Police Act Check. The purpose of this is to safeguard volunteers and service users from harm.</p> <p>The check involves completing a short form which a staff member of Edinburgh Leisure can support you to complete.</p> <p>Having a criminal record will not automatically prevent you from volunteering. Rather, cases will be treated on an individual basis.</p>
Support Person & Contact Details Task	<p>If you have any questions about volunteering opportunities, please contact the Active Communities Team using the details below. Alternatively, please check out the links below for more information.</p> <p>0131 458 2260 active@edinburghleisure.co.uk Ageing Well Volunteers - Edinburgh Leisure Be Active - Ageing Well - Edinburgh Leisure Ageing Well Edinburgh Facebook</p>
Description Updated	<p>24/08/21</p>