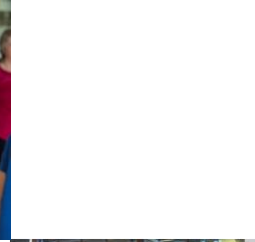


Volunteer Role description



<p>Volunteer Role</p>	<p>Ageing Well Activity Volunteer</p> <p>(Various Roles – specific Role Descriptors available on request)</p>
<p>Role Purpose Why we need you</p>	<p>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 by trained Ageing Well volunteers (who are older adults themselves).</p> <p>As an Ageing Well volunteer your role is to lead or support the delivery of activities where the emphasis is on meeting new people and making physical activity accessible and enjoyable.</p> <p>The project is run in partnership with NHS Lothian, Edinburgh Leisure and Pilmeny Development Project and is part of the UK Ageing Well network, which aims to increase the expectation of good health in older adults.</p>
<p>Specific Tasks What will be involved?</p>	<p>Activities have been developed to cater for a wide range of tastes and abilities. Our current programme includes health walks, COPD health walks, dancing, chair-based exercise, singing, a swim buddy programme, cycling skills and velo-city freebike loan, a photography group, an allotment project and indoor new age kurling. There's a lot to choose from!</p> <p>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.</p> <ul style="list-style-type: none"> • Walk Leader • Cycle Skills Instructor • Buddy Swim Volunteer • Activity Support Assistant (most activities) <p>Full training will be provided for each volunteer prior to commencement of role.</p>

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 (6 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 location 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> <p>If you have any questions or concerns about this please contact Brendan Brodie using the details below.</p>
Support Person & Contact Details	<p>Brendan Brodie brendanbrodie@edinburghleisure.co.uk 0131 458 2185</p>
Task Description Updated	<p>16th June 2017</p>

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