

Volunteer Task Description:

LinkAge Fitness and Wellbeing

Through safe and fun fitness sessions you assist service users to build their confidence.

Task to include some or all of the following:

- Plan & lead fitness sessions
- To teach a fun and safe fitness session that accommodates service users' needs and interests.
- Provide encouragement
- Create a fun and inviting environment
- Record relevant service user details for monitoring
- Clear up after session
- To carry out the duties of the post in accordance with Age UK's East London's policies and procedures including: Equal Opportunities, Health & Safety, Confidentiality, Complaints, Data protection, Safeguarding Vulnerable Adults

Skills Required:

- Good communication skills
- Ability to motivate and engage people
- Fitness instructor certification or other recognised accreditation this is needed for more in-depth fitness sessions.
- Reliable and committed to do at least one session a week
- A good sense of humour

Please do email sharon.waddams@ageukeastlondon.org.uk should you wish to volunteer with Age UK East London Lunch Club Assistant or download the application form and return it either by email or by post to the address on the form.