



Activity Centre Volunteer Role Description

Purpose of the role: To ensure that all older people feel welcome, included and have an enjoyable time when they attend an Age UK Barnet Activity Centre. Our Activity Centres are a lifeline for isolated and vulnerable older people, helping them to get out, meet people and stay active.

What an activity volunteer might do:

- Chat to older people in groups or individually
- Build relationships with clients, giving them confidence to make friends and join in
- Encourage and help clients to take part in activities
- Provide practical assistance such as getting participants in and out of coats, opening doors and getting people safely seated
- Serve tea and coffee
- Help staff to set up and clear down the room
- Volunteers with particular skills and interests may lead on small group activities such as crafts, book clubs etc

Personal qualities most suited to this role:

- Enthusiasm and lots of smiles
- Ability to work as part of a team
- An interest in developing activities for older people
- Patience, empathy with older people and good listening skills
- Chatty, a good conversation starter
- Reliable and trustworthy
- Flexible and willing to get stuck in
- Ability to show initiative

This is a very rewarding role for anyone who is keen to support older people to live fulfilling, active lives. It may particularly suit those who are training for work with older people and looking for practical experience.

Location: Ann Owens Activity Centre, East Finchley, London N2 8LT

How much time is involved? The Ann Owens Activity Centre is open from 10am to 3.00pm on Tuesdays and Thursdays. We welcome volunteers who are able to help for a full or part day on a weekly basis, as well as those who prefer to help more occasionally at special events.

What you can expect from us: Age UK Barnet will cover agreed out of pocket expenses for volunteers (e.g. travel costs). We will also insure you for personal and public liability for the time you are volunteering with us providing what you do is risk assessed and agreed. We are happy to provide references for our volunteers.

We accept volunteers from all backgrounds and welcome applications from those with disabilities or health conditions.

Responsible to: Christine Gilbert/Malcom Mills Activity Centre Co-ordinators

Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT

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