



## VOLUNTEER ROLE DESCRIPTION

### Men-Only Group Leader (in person) Planning and Delivery

Responsible to: Service Manager for Activities and Wellbeing  
Time Commitment: Around 2-4 hours per week, specific days flexible to suit volunteer  
Location: Yardley Constituency

*Due to the nature of this role, an informal interview/meet & greet may be required if we receive much interest.*

### About the Service

The Wellbeing Team at Age UK Birmingham supports people aged 50+ to live healthier, happier and more connected lives. The service focuses on improving physical, mental and emotional wellbeing by delivering a wide range of social, physical and community-based activities. These include group sessions, exercise and movement activities, social groups and events, all designed to help older people stay active, maintain independence and enjoy a good quality of life.

### About the Project

We are launching an exciting new pilot project at Sheldon Heath Social Club to establish a men-only social activity group aimed at supporting the wellbeing, social connection, and confidence of older men in the local community.

The group is currently in the early stages of development and may include activities such as darts, snooker, dominoes, discussion sessions, guest speakers, or other interests identified by participants. **The volunteer will play a key role in shaping the direction of the group and will lead its development, delivery, and ongoing facilitation.**

The group is expected to run weekly once established, though it may initially begin on a fortnightly or monthly basis during the pilot phase, and assistant volunteers will be put in place later on.

### About the Role

#### Key Responsibilities

- Work with staff to shape, plan, and develop the group's structure and activities.
- Identify and organise engaging activities based on participants' interests.
- Lead and facilitate weekly/fortnightly sessions in a confident, approachable manner.
- Create a safe, respectful, and welcoming environment that encourages participation and peer connection.



- Adapt sessions based on feedback and group dynamics.
- Maintain attendance records and complete required volunteer paperwork.
- Provide brief feedback to staff and raise any safeguarding concerns appropriately.
- Support promotion of the group and contribute to its ongoing development and evaluation.
- Work alongside staff during setup and support the integration of an assistant volunteer once established.

### Person Specification

- Male applicant (requirement for a men-only group setting).
- Confident, articulate communicator with excellent listening skills.
- Genuine interest in older men's wellbeing and reducing social isolation.
- Experience setting up or leading groups, classes, clubs, or community activities is preferred
- Experience working with older adults or in informal facilitation/peer support is preferred
- Basic administrative skills
- Reliable, organised, proactive, and able to commit consistently.

We are looking for a warm, approachable, patient, empathetic, self-motivated person able to take initiative, and committed to maintaining appropriate boundaries and confidentiality.

### Impact

This role will:

- Reduce social isolation among older men.
- Promote positive mental wellbeing.
- Encourage peer support and friendship.
- Strengthen community connections within Sheldon (B26).

This is a rewarding opportunity to build something meaningful from the ground up and make a lasting difference in the local community.

### Time commitment

We are ideally seeking a long-term volunteer to help build and sustain the group.

However, we will also consider applicants interested in a short-term "initial set-up" role of approximately 3–6 months to establish the group before handing over to a longer-term lead.

### Contact

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Or apply online by [CLICKING HERE](#)