



Volunteer Task Description

Role Title:	LinkAge Fitness and Wellbeing
Where:	Caxton Hall Community Centre, Caxton Grove E3 2EE
When:	To be arranged
Purpose of Role:	<p>Tasks to include the following:</p> <ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • All tasks must be carried out 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	<ul style="list-style-type: none"> • 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
What's in it for you:	<ul style="list-style-type: none"> • You will have opportunities to gain more experience/skills • You will have access to in-house training
For more information contact:	<p>Please email sharon.waddams@ageukeastlondon.org.uk should you wish to volunteer with Age UK East London or download the application form and either email to the above email or post to the address on the form.</p>