



Volunteering Opportunity

Ucan Enfield Ambassador

What You'll Do

As a UCAN Enfield Ambassador, you'll play a key role in helping people find out about and engage with the UCAN project, which promotes healthy lifestyle changes through free exercise, nutrition and wellbeing sessions. You'll help support sessions on the day and raise awareness in the community.

You will:

- Attend UCAN exercise or nutrition sessions to take the register and gather feedback from attendees
- Represent UCAN at community events or groups by helping to set up an information stall
- Talk to members of the public about UCAN and help them sign up
- Input register or sign-up data into the CRM system (training provided)

Skills You'll Use or Develop

- Friendly, confident communication with the public
- Ability to use simple digital forms
- Reliable, organised and a good team player
- Willingness to learn and follow data protection guidance

Time Commitment

Flexible – ideally 2–4 hours per week

May include weekdays or occasional weekends depending on events and session schedules

Location: Various community venues across Enfield

Reports to: UCAN Enfield Project Lead or Health & Wellbeing Manager

How to Apply

If you're interested in this role or would like to find out more, please contact:

Email: volunteering@ageukenfield.org.uk

Phone: 020 8375 4120

Or visit our website: www.ageuk.org.uk/enfield/get-involved/volunteer/