



## Volunteering Opportunity Group Activities Mentor

### What You'll Do

Support a small group of older people aged 65+ to become more active and improve their wellbeing. You'll facilitate discussions, encourage participation, and help the group work towards shared goals during a 12-week programme.

### You will:

- Support a group of up to 6 participants
- Help the group identify a shared wellbeing or physical activity goal
- Facilitate weekly group sessions
- Encourage participation and positive peer support
- Monitor progress towards agreed goals
- Introduce ideas and activities that support healthy ageing and wellbeing
- Maintain attendance and session records

### Skills You'll Use or Develop

- Group facilitation
- Communication and leadership
- Motivation and coaching skills
- Confidence managing group discussions
- Organisation and planning
- Problem-solving and teamwork

### Time Commitment

Minimum 2 hours per week

Flexible weekdays between 9:00am and 5:00pm

**Location:** Community locations around Enfield

**Reports to:** Communities in Motion Manager