



<b>Job Title</b>	<b>MYsocial Physical Activities Worker</b>
<b>Team</b>	<b>MYsocial</b>
<b>Normal Hours</b>	<b>16 hours per week for 6 months.</b>
<b>Salary</b>	<b>£6,520 total for 6 months (£24,462 FTE)</b>

## About Age UK Lambeth.

### Our Mission

We support older people in Lambeth to live enriched, productive and purposeful lives: challenging the stigma of ageing, reducing social isolation and ensuring they get the right support at the right time.

### Our Values

- We are Kind** We do everything in a spirit of kindness. The people we support deserve our respect and need our compassion, and we have their best interests at heart at all times.
- We are person-centred** We keep the people we serve at the heart of everything we do. Our older people are a rich source of inspiration, ideas and experience, and our working relationships with them are important to us
- We are outcome-focused** We help people find solutions that work for them. By being flexible, asking for feedback, and including our older people in developing new services, we can be sure they will get the right support at the right time.

## About MYsocial

MYsocial : Building Community One Event at a Time.

MYsocial is a social membership service for adults of all ages. We are here to bring people together and feel part of their community, where members can build friendships, try new things, share their skills with others, and feel valued.

We are also here so that by the time people reach later life, our members have built a strong network of friends and community around them, to reduce feelings of loneliness and social isolation. Every event on our calendar is focused on building those connections, and to increase happiness and wellbeing.

It is a key belief within MYsocial that all members bring a wealth of knowledge and experience with them. Our members are our leaders and are involved in our decision making.

### The Team

- The Mysocial Manager.
- Membership and Events Co-ordinator.

- Digital Events Co-ordinator.
- MYsocial weekend events worker.
- Physical Activities Worker (this role)

## About You

This role would suit a person with a background in sports keen to use their experience to enhance the wellbeing and physical activity of older adults in Lambeth.

It's very important that you need to love people! And love a good natter. It's a great job for those that want to make a difference to people's lives and encourage friendships among our members. And to see each member as an individual that has something to give to our MYsocial community.

You need to be a 'glass half full' kind of person, be able to keep calm under pressure, with a positive outlook and lots of energy. MYsocial is at a really exciting stage of growth right now and we will welcome the energy you bring to our team.

You need to love seeing people love meeting up, learning new things or trying new things to do. You will have some experience of planning and putting on fitness focused events.

## Your Main Role

1. To support the MYsocial manager in the development of the Physical Events programme for MYsocial.
2. To facilitate and host an exciting physical events programme on the MYsocial calendar.
3. To actively promote the importance of keeping active in later life.
4. To ensure that members feel valued and listened to.
5. To ensure that members have a positive experience of MYsocial membership
6. To feedback event suggestions from members.

Main responsibilities:

1. Plan and host a variety of physical activities/fitness events for MYsocial members.
2. Undertake training in First Aid if not already a first -aider.
3. Ensure physical activities are spread borough-wide covering all 3 neighbourhoods.
4. Liaise with partner orgs to provide events. For example, The Black Prince Trust.
5. Attend a team meeting every Wednesday morning to feedback and feel part of the team.
6. Ensure all participants for each event have completed a health questionnaire identifying any risks.
7. Encourage members to host their own events and provide support for these events.
8. Liaise with local sport groups to arrange taster sessions for our members.
9. To work with the Digital Coordinator with planning physical activity events on the calendar.
10. Process payments for events online and in person and keep all records up to date.
11. To send out invites to specific events as agreed with the Membership and Events Co-ordinator..
12. Where necessary, direct members towards other services within Age UK Lambeth.
13. Be active in helping to secure Member deals
14. Represent MYsocial at community fairs, encouraging member involvement to promote MYsocial.
15. To be available to work occasional evenings and weekends with advance notice.

### **In the first 6 months, you'll**

- Get to know the systems we use, Churchsuite, G-Suite, Basecamp etc.
- Gain experience as an physical event host and planner.
- Listen to event feedback from members and adjust the programme accordingly
- Get to know our members
- Enjoy being part of an energetic and fast paced environment.
- Have fun...honest!

### **Learning & Development**

You are expected to complete induction training relevant to your role including essential training covering: safeguarding, health & safety, and information governance. You are also expected to reflect on your own practice, identify areas for improvement and contribute to your annual personal development plan.

### **Other**

This job description does not provide an exhaustive list of tasks and activities but gives an indication of the scope of the role and main areas of work.

## Job Criteria

Criteria	Application	Interview
<b>Values-based</b>		
1. Treats people with kindness, compassion and dignity	✓	✓
2. Works together with others to find solutions	✓	✓
3. Puts the members needs first	✓	✓
<b>Skills &amp; Knowledge</b>		
4. Have experience in facilitating sport and fitness events.	✓	
5. Has had training in facilitating sports and fitness events.		
6. Excellent interpersonal skills that enable you to connect with people in an engaging and motivating way	✓	✓
7. An understanding of the impact of social isolation and loneliness of citizens, especially older people	✓	✓
8. Knowledge of the diverse health and social care needs of older people and those with disabilities		✓
9. Competent in using information technology including various software applications, such as Churchsuite and Google applications - training will be provided on unfamiliar systems.	✓	
10. Able to work flexibly including attending a monthly team meeting on a weekday.		✓

## What you'll benefit from

- Brixton based - close to good transport and vibrant town centre
- Generous pension provision - 7% employer contribution
- 26 days holiday a year rising to 31 days after 5 years (pro rata)
- A great staff team

## How to apply

To apply please email the following to [dolores@ageuklambeth.org](mailto:dolores@ageuklambeth.org)

**No CV's please. Please send a letter of application answering the following 4 questions (in no more than 250 words per question).**

1. Why do you want to join us at MYsocial? And why now?
2. Tell us why you think it's important for a service such as MYsocial to exist.
3. Tell us what skills and experience you could bring to MYsocial.
4. How would you ensure we provide events to reflect the diversity of our members and Lambeth?

**Closing date**

18th February 2022.

Interviews w/c 21st February 2022.