



Physical Activity Mentor

As a Volunteer Physical Activity Mentor, you will work one-to-one with two participants over a 12-week period, helping from being sedentary to supporting them to build strength, confidence, and healthier habits through personalised support and encouragement.

This is a rewarding opportunity to help someone make meaningful lifestyle changes that can improve their health, confidence, and quality of life. By offering your time and encouragement, you could help someone take the first steps towards greater independence and a more active future.

What will I be doing?

- Carrying out in person-centred home assessment to understand the individual's current activity levels, needs, goals, and barriers to being active.
- Help to establish a baseline of physical activity and wellbeing.
- Meet with your participant once a week for approximately 12 weeks.
- Provide motivation, encouragement, and practical support to help them gradually increase their activity levels.
- Support individuals to set realistic goals and celebrate their progress.
- Keep simple records of sessions and participant outcomes.
- Work closely with project staff and access ongoing support throughout your volunteering journey.

What skills and experience do I need?

- We welcome volunteers from all backgrounds who are:
- Friendly, patient, and encouraging.
- Good listeners with a positive attitude.
- Reliable and committed.
- Passionate about helping others improve their wellbeing and independence.
- This role will suit someone who is comfortable working one-to-one with people in their own homes and local communities.

Location & Time Considerations

- This role is available in Lincoln and Skegness
- Approximately 4–5 hours per week. Monday to Friday within our office hours.
- Commitment to supporting two participants for a full 12-week programme.

The benefits of volunteering

- Ongoing support and guidance from experienced staff.
- An opportunity to make a genuine difference to someone's health, wellbeing, and independence.
- Valuable experience working directly with people in the community.
- Meet new people and be part of a team
- Development of skills in communication, motivation, record keeping, goal setting, and person-centred support.
- The chance to learn new skills and enhance your CV while giving back to your community.
- Join a team of over 200 volunteer supporting older people in Lincolnshire

Additional Information

- No specialist fitness qualifications are required – we will provide all the training and support you need.
- Reimbursement of out-of-pocket travel expenses.
- A DBS check will be required which will be organised by us at no cost to you

I'm interested, what do I do next?

Please contact: volunteering@ageuklincolnshire.org.uk, we will guide you through our application process.