

## About Age UK Norfolk's Community in Motion Programme

Age UK Norfolk supports older people to live well, stay connected and maintain independence. This role focuses on supporting groups of older people in the Great Yarmouth area to improve their physical wellbeing, reduce sedentary behaviour and build confidence through shared activity.

## About the Volunteer Role

### Main Purpose

To provide group-based support and encouragement to adults aged 65 and over, helping them increase their physical activity, enhance their wellbeing, and work towards shared goals as part of a structured 12-week programme.

**Time commitment:** A minimum of six months, which includes onboarding and training.

**Availability:** Weekday availability between 10am and 4pm.

**Location:** Volunteer opportunities are spread throughout the borough of Great Yarmouth, so being based nearby would make it easier to get involved.

**Responsible to:** Health and wellbeing Assistant manager

**Training & Expenses** - Full training and ongoing support will be provided. Reasonable travel and agreed expenses will be reimbursed. A satisfactory DBS check (Enhanced) will be required for this role.

### Main Responsibilities

- Support and encourage older adults throughout a 12-week programme, working alongside a qualified physical trainer, to achieve individual goals while promoting participation and motivation
- Promote a range of accessible and inclusive physical activities to support wellbeing.
- Monitor progress alongside the qualified trainer.
- Provide encouragement and build confidence within the group setting.
- Liaise with and report to the staff member as required.
- Complete any required monitoring or feedback forms.
- Adhere to Age UK Norfolk policies and procedures at all times.

### Behaviours and Values

- ✓ Empathetic, patient and supportive approach.
- ✓ Positive and encouraging attitude.
- ✓ Commitment to supporting older people.
- ✓ Open-minded and inclusive, avoiding judgement or stereotyping.
- ✓ Reliable and proactive.

### General Skills

#### Essential

- Good communication and interpersonal skills.
- Ability to motivate and encourage others in a group setting.
- Awareness of barriers older people may face in staying active.
- Ability to work as part of a team.
- Organised and able to manage tasks with attention to detail.

#### Desirable

- Creative approach to problem-solving and activity planning.
- Interest in physical activity and an understanding of how it supports health and wellbeing.

