

Walking Football Team Volunteer

Thank you very much for your interest in volunteering with Age UK Norwich. Volunteering is an amazing way to give something back to your local community and our existing volunteers tell us they find volunteering an enjoyable and rewarding activity for a range of reasons, such as learning new skills and meeting new people.

This document outlines the key aspects of this opportunity as a Walking Football Team Volunteer, its duties, and the skills and experience we look for.

All our volunteer roles are subject to a Disclosure and Barring Service (DBS) check.

ABOUT THE ROLE

Age UK Norwich has received funding from Age UK National, Sport England and the Football Association to set up and run two new walking football teams in Norwich. These two teams will be based at Framingham Earl Sports Centre and The Arena in Heartsease.

Walking Football is aimed specifically for people aged over 50 to keep them playing football if a lack of mobility or other issue prevents them from playing the traditional game. It is based on traditional football but is a different sport with different rules. Walking football has recently become extremely popular and there are now thousands of teams and leagues all over the country and older people of all ages getting involved.

For more information about Walking Football please see:

[Walking Football - What is Walking Football?](#)

The two new teams in Norwich will be open to everyone. We would especially like to include people who have long-term health conditions or who are not currently very active for whatever reason. We also welcome those who are living with dementia, their carers and families.

We are looking for volunteers to help us organise and run the weekly football games at these two locations. This is a great opportunity for anyone interested in working with people directly in the community, and for those who would like to help other people improve their physical and mental health in a fun and supportive environment. An interest in football or sport in general would also be helpful, as well as an ability to motivate and encourage people. Knowledge and experience gained through this opportunity may be transferable for those looking to develop a career in community support, coaching and care.

There is the opportunity to earn UEA Award points through this commitment (For UEA Students).

RESPONSIBILITIES

We are looking for volunteers to really take ownership of these walking football teams and support them to develop and thrive.

Your role as Walking Football Team Volunteer will be to keep in contact with team members and encourage them to come along, help people complete their registration on the FA's online system, manage the attendance list and supervise the games. You would also be the first aid responsible person at each session.

You will need to be enthusiastic, welcoming and empathetic to help clients feel comfortable about participating, whatever their level of physical fitness or previous experience of playing football or other team sports. You must also be sensitive to the personal background and life experiences of all our clients, be aware of the importance of data protection, and treat every participant with respect.

You will communicate with Age UK Norwich on a regular basis and inform us of any concerns or issues with any of the older people. You will have a dedicated contact to support you while you volunteer with us.

This volunteer role is expected to take up 1½- 2 hours per week.

TRAINING

- Volunteers are required to attend a **Volunteer Induction Session**, prior to the starting their placement. This will be delivered by our Volunteer Coordinator.
- Volunteers are required to attend **Role Training** before commencing the role. This will be delivered by the Community Outreach Officer
- Volunteers will also be required to complete 3 training courses through the Football Association's online portal - FA Playmakers, First Aid and Safeguarding.
- There will be the opportunity to complete Walking Football Referee training at a later date for those who are interested in pursuing this.
- Whilst supporting us as a volunteer, refresher training may be required to keep-up-to-date with best practice and/or Age UK Norwich policies and procedures.
- For specific clients with complex needs, such as dementia, further short-duration training may be required, however this will be discussed with you, prior to any placement.
- As a group volunteer, you will be required to complete a Community Champions training during the course of your volunteering.

ROLE BOUNDARIES

- Volunteers are not required to deliver any personal care (such as washing, dressing, bathing or toileting) or manual handling (such as lifting or moving) of clients.
- Volunteers are not required to undertake any fundraising activity for Age UK Norwich

PERSON SPECIFICATION

The table below outlines the skills and background that would suit this opportunity.

Essential	Desirable
A genuine interest in working with older people and supporting their physical and mental health.	Experience of supporting people, particularly older or disabled people, in the community.
Empathetic to the needs and challenges older people face, such as isolation and health issues.	Able to use initiative and adapt to different situations.
A friendly, welcoming demeanour and an ability to communicate with people from all walks of life	Tactful, diplomatic and sensitive to people's needs.
The ability to encourage and enthuse people to participate	Good communication skills and confidence to deal with difficult behaviour.
Good organisational and time management skills.	Experience of being involved in or running a group activity.
Knowledge and experience in using IT, particularly web-based programmes.	The willingness and ability to learn to use new IT programmes.
Interest In football or sport in general.	Knowledge of the rules of football/walking football (although there are differences in the rules) or a willingness to learn.
Flexibility to adapt the way the project is run if required.	

PRIMARY CONTACT

This role is part of our **Community and Neighbourhood Support** Service. Volunteers report to Heather Stabler who is the primary day-to-day contact or Sam Apeh who is the department manager.

TIME COMMITMENT

To be agreed, but ideally 3 hours per week for a minimum of 20 weeks (these do not have to be consecutive) to ensure continuity of support for the walking football team.

AGE RESTRICTIONS

Volunteers must be over the age of 18 for this service.

LOCATION

Norwich and Framingham Earl.

SUPERVISION

We will hold regular supervision sessions to make sure that you are happy in the role, and for you to let us know if there are any problems.

You will have a dedicated Community Outreach Officer who will provide support and guidance.

Supervision will take place at least once every 6 months by your allocated outreach officer. The frequency may increase depending on how much support you need.

EXPENSES

Travel costs and any service-related expenditure incurred on behalf of the charity will be reimbursed. These must be pre-approved and claimed in accordance with the Age UK Norwich Expenses Procedure.

This role is voluntary therefore no reimbursement will be made for any time given to support this activity.