

Exercise class Support Volunteer – by Zoom

Are you looking for a truly rewarding experience? Would you like to make a practical, immediate difference to older people in Oxfordshire?

No need to know about exercise!

Our NEW Zoom classes are in need of volunteers

We are looking for people who would be happy to join a Zoom Exercise class for 1 hour per week (or more if liked!) to observe participants

Generation Games is Age UK Oxfordshire's physical activity service. Since the event of Covid-19 we have started to run many of our classes by Zoom. So far this has proven a great way for people to remain active and not miss out on their weekly exercise whilst at home as well as being a social occasion with some time at the end of sessions to chat. Many of our sessions are Strength & Balance that aim to work on reducing the risk of falls, and we also run exercise to music sessions.

In a Zoom class, there will be a member of Generation Games staff present to host the session and deal with any issues or telephone people as needed.

Purpose of this volunteer role:

To watch participants in gallery view on Zoom to ensure all are managing and seem well; alerting the host of any concerns.

What you can expect:

- Full induction and initial training session on what you will be doing by Zoom
- We ask you to complete our volunteer application forms (if you are new to volunteering with us)
- Experience within a well-respected charity during a time of crisis

Main tasks:

- Observing participants on Zoom
- Alert the Zoom host of any concerns

Desirable qualities and skills:

- An interest in helping older people during the pandemic
- A reliable internet connection, and comfortable using Zoom (we can provide training if needed)
- Reliable with good time keeping
- Good communication skills
- Ability to adhere to Age UK Oxfordshire's Boundaries, Health and Safety, Policies and Procedures.
- Volunteers must be able to build professional relationships with clients, within clearly defined boundaries.

Recruitment:

Application Form, 2 reference checks

Contact: Anna McKay, Marketing Manager, Generation Games
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