



Volunteer Role Outline

Walking Football Volunteer

Mission Statement

Age UK Plymouth exists to care for and work with older people and their carers in and around the City of Plymouth to improve their quality of life through the promotion of choice, opportunity and independence.

Purpose of Role

To support and deliver fun walking football sessions for older people as part of the Healthy Living Clubs. This will include refereeing walking football games. To Support participants in completely relevant paperwork.

What Skills Does Walking Football Volunteer need?

A walking football volunteer needs:

- An interest in helping people in later life to lead healthier lifestyles.
- Patience and the ability to empathise with people in later life.
- Good communication skills and the ability to motivate people (ideally with knowledge of behaviour change models).
- Flexibility with volunteering hours.
- Willingness to undertake training.
- Confident working with groups of older people.

If you feel you have, or could develop with training and support, the above skills we would welcome your application. If you feel unsure and would like to ask any questions, then please call us on 01752 256020 and ask for the volunteer department.

What training do we provide?

Successful applicants would need to undergo a series of training sessions regarding the type of enquiries we get on a daily basis and all about Age UK Plymouth. These sessions are mostly delivered via e-learning and can therefore be completed remotely. At the end of the initial training, you will be “buddied” with an experienced volunteer or staff member.

How much time do we expect you to give?

Once trained, we expect you to commit to every Tuesday 11.30am-12.30pm at Brickfields. This will consist of the Walking football session and helping with refreshments afterwards.

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What is our commitment to you?

- We will provide initial and ongoing training to help you develop your knowledge and skills.
- We will continue to support you in your role, providing information and advice as necessary.
- We will discuss with you any problems you may have with your role.
- We will discuss with you any concerns we may have about the way you carry out your role.
- We will reimburse reasonable, approved out of pocket expenses
- Appropriate insurance cover- to protect you whilst you are acting on behalf of Age UK Plymouth.
- An opportunity to meet other volunteers socially and for training.

What is the next step?

Complete and return the volunteer application form with the names of 2 referees, to Age UK Plymouth. Application forms will then be used to select suitable applicants to interview.