

Exercise Class Support Volunteer

Role profile

Overview: Provide general support and assistance in our Falls Revolution exercise classes

Location: 1) The Ropewalk, Derby Road, Southampton, SO14 0DJ
2) Graylings Court, at the end of Beechfield Court, off Regents Park Road, Shirley, SO15 8SL
3) Fairfax Court Community Room, Hinkler Road, Thornhill, SO19 6FU
4) Bassett Green Court, Bassett Green Village, Southampton, SO16 3FH

What an Exercise Class Support Volunteer does:

- Welcomes, encourages and motivates class attendees
- Safely assists class attendees from their transport to and from the venue
- Works as part of our team to help older people to enjoy their time in the class
- Supports older people to achieve their desired outcome from the class
- Makes tea and coffee to help stimulate conversation
- Completes basic registration and check-in processes
- Monthly reporting of volunteering hours to Line Manager

Personal qualities most suited to this role:

- Good communication and listening skills
- Sociable and outgoing personality
- Patience and understanding
- Enjoy helping people
- Honest and trustworthy
- Ability to work on own initiative
- Reliable, punctual
- Confident in handling money

How much time is involved?

- Once a week on Monday afternoon, The Ropewalk
 - 1pm to 4pm, classes from 1.30 to 3.30pm
- Once a week on Tuesday morning, Graylings
 - 10.30am to 1.30pm, classes from 11am to 1pm
- Once a week on Thursday afternoon, Fairfax Court
 - 12.30pm to 3.30pm, classes from 1.00 to 3.00pm
- Once a week on Friday morning (11am-1pm), Bassett Green Court
 - 10.30am to 1.30pm, classes from 11am to 1pm

Expenses and Insurance:

We will cover agreed out-of-pocket expenses for volunteers (e.g. travel costs) and also insure you for the time you are volunteering with us.

Training & Development:

- AUKS general and role-specific Induction and where possible, involvement with other areas of AUKS work to understand the range of activities provided
- All Volunteers are required to adhere to Age UK Southampton's policies and procedures at all times, including, but not restricted to, safeguarding, lone-working and confidentiality policies.

Responsible to: Support Services Team Leader

Additional support from: Wellbeing services Team Leader, Head of Services