

JOB DESCRIPTION

This job description is not exhaustive and is intended only as a guide to the range of activities associated with the post

- **Job Description**
- **Outreach Worker**
Salary: £12.71 per hour
Hours: 37 hours per week (full-time)
Contract: Fixed term (aligned to programme funding-26 months)
Location: Middlesbrough and Hartlepool (community venues)
Responsible to: Services Manager

- **About Age UK Teesside**

Age UK Teesside is a local, independent charity supporting older people to live healthy, independent, and fulfilling lives. We are committed to reducing loneliness, improving wellbeing, and ensuring older people feel valued and supported within their communities.

- **Job Purpose**

To co-ordinate a high-quality, inclusive physical activity and behaviour change programme for people aged 65+, supporting them to become more active, improve their health, and build social connections. You will play a key role in engaging older people—particularly those who are inactive or facing barriers—and supporting them to move more, feel better, and stay connected within their communities.

- **Key Responsibilities**

- Plan and co-ordinate safe, inclusive, and engaging group exercise sessions (e.g. chair-based exercise, strength and balance, walking groups)
- Arrange sessions in community venues across Middlesbrough and Hartlepool

- **Supporting Behaviour Change**

- Motivate and support older people to increase activity levels and confidence
- Provide encouragement and personalised support to help sustain engagement
- Carry out follow-up contact with participants to maintain attendance and wellbeing

- **Community Outreach & Engagement**

- Promote sessions through local networks including GP practices, community groups, and partner organisations
- Engage with individuals who may be isolated, inactive, or facing barriers to participation
- Build positive relationships within local communities

- **Supporting Events and Activities**

- Assist in the planning of community-based physical activity events
- Support logistics, set-up, and participant engagement at events

Age UK Teesside Limited
The Dorothy Rose Suites (29-32)
The TAD Centre, Ormesby Road
Middlesbrough
TS3 7SF

T 01642 805500

E enquiries@Ageukteesside.org.uk

www.ageukteesside.org.uk

Age UK Teesside is a registered charity (702714) and company limited by guarantee. Registered in England and Wales number 2152353. Registered office: Age UK Teesside Limited, The Dorothy Rose Suites (29-32), The TAD Centre, Ormesby Road, Middlesbrough, TS3 7SF. IDBB438 01/12

- **Volunteer Support**
- Work alongside Volunteer Mentors to support session delivery
- Help create a welcoming, inclusive environment for volunteers and participants

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- **Monitoring and Administration**
 - Maintain accurate records of attendance, outcomes, and participant progress
 - Support monitoring and evaluation requirements
 - Ensure confidentiality and data protection standards are upheld

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- **Safeguarding & Health and Safety**
 - Ensure all activities are delivered safely and in line with organisational procedures
 - Follow safeguarding policies and report concerns appropriately

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- **General Responsibilities**
 - Attend team meetings, supervision, and training
 - Work flexibly, including occasional evenings/weekends
 - Act as a positive ambassador for Age UK Teesside

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- **Person Specification**
 - **Essential**
 - **Qualifications**
 - First Aid certificate (or willingness to obtain)
 - Safeguarding Adults Level 1 (or willingness to complete)

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- **Experience**
 - Experience working with older people or vulnerable adults
 - Experience of community engagement or outreach

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- **Skills & Knowledge**
 - Ability to co-ordinate inclusive and adaptable exercise sessions
 - Understanding of barriers faced by older people in accessing physical activity
 - Strong communication and interpersonal skills
 - Ability to motivate and build confidence in others
 - Good organisational skills and ability to manage own workload
 - Basic IT skills

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- **Personal Attributes**
 - Passionate about improving the lives of older people
 - Friendly, approachable, and empathetic
 - Flexible and proactive
 - Able to work independently and as part of a team

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- **Desirable**
- Knowledge of behaviour change approaches
- Experience supporting volunteers
- Awareness of dementia, loneliness, and social isolation



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- **Other Requirements**
 - Willingness to travel across Middlesbrough and Hartlepool (driving licence and own car)
 - Enhanced DBS check required

Closing Date for applications: Friday 31st July 4pm.

For an application form and job description please visit www.ageuk.org.uk/teesside or email anne.sykes@ageukteesside.org.uk

These posts are subject to DBS Enhanced Disclosure
CVs will not be accepted

Age UK Teesside is an Equal Opportunities Employer
Reg. Charity No. 702714. Reg. Co. No. 2152353

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