

Walking Football Activity Volunteer

Purpose	<p>Age UK Waltham Forest is introducing 'Walking Football' sessions for older people in the borough. 'Walking Football' is a non-contact version of football played at walking pace (no running allowed) but with similar rules to Association Football. Sessions give older participants the opportunity to 'play football again', to socialise and to access the proven physical and mental well-being benefits of exercise. Sessions take place indoors.</p> <p>'Walking Football activity volunteers' support Session Leads in running the walking football programme. This will include setting up, admin and individual support of service users.</p> <p>There will also be the opportunity to undertake FA Playmaker training as part of the role (optional).</p>
Services Manager	Activities Coordinator
Time Commitment	<p>1-2 hours a week for a minimum of 6 months.</p> <p>Sessions are taking place on Monday mornings in Leyton and Thursday mornings in Walthamstow (timings likely to be 10.30-11.30am) starting end of January.</p>

Main Tasks of the Role

- Helping with the set up and clearing up of the session each week. e.g. setting up goals, ensuring equipment is ready to use, setting up drills, taking down equipment and storing ready for next session.
- Helping with admin of session e.g. taking attendance using FA events booking system, helping service users get set up on FA events booking system (ability and access to a Smart Phone to do this is useful)
- Offering support during coaching where required by session lead. This could include playing a game to make up numbers, helping referee games, support drills and warmups, and helping to adapt sessions to service users' needs and abilities (a basic understanding and enjoyment of football is therefore useful but not essential. The ability to physically take part in the session is required.)
- Ensuring the needs of service users are met and the sessions allow for the inclusion of all physically able to attend.

<p>What we expect from our volunteer</p> <ul style="list-style-type: none"> • For you to be committed and reliable • For you to be aware of Health and Safety issues at all times 	<p>What the volunteer can expect from us</p> <ul style="list-style-type: none"> • You will receive an induction to the organisation and to your role
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<ul style="list-style-type: none">• For you to work within Age UK Waltham Forest's Equal Opportunities Policy and Confidentiality Policy• For you to attend a one-off induction	<ul style="list-style-type: none">• You will be provided with training and ongoing support including FA Playmaker training
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DBS (formerly CRB) checks are required for Volunteer roles for one-to-one work with older people. We will arrange this for you if your role requires it and you will not incur any costs.

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