

Enjoy being active? Feel you could motivate and encourage others to try out different types of physical activity in a group or on a one to one? Could you provide information and support to people in a relaxed way? Why not become a...

Active for Life Volunteer

This is a fun and exciting opportunity for someone to support people with learning disabilities and/or mental health problems to be more active. Active for Life volunteers take on a variety of roles including:

- Giving people information and advice about being active and healthy at our drop in
- Supporting Active for Life staff work with groups and run group activities for clients to try
- Buddying up with someone on a one to one to attend an activity with them to build their confidence
- Support leading our walking groups and maybe even become a walk leader.

The person undertaking this role will be coached on the job, provided with training opportunities and will contribute towards Active For Life's aim to increase physical activity and good health in these client groups.

We ask that volunteers commit a minimum of 2-3 hours per week.

Interested? To find out more contact:

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Active for Life

VOLUNTEER TASK OUTLINE

Role To encourage, support and enable clients with learning disabilities and/or mental health problems to be more physically active.

Tasks Active for Life volunteers will be asked to do any of the tasks below:

1. Assist in setting up Active for Life taster sessions within settings for people with learning disabilities and/or mental health problems to choose and try out different activities.
2. Support delivery of **Taster Sessions** by:
 - a. Help clients with referral paperwork prior to taking part in activities
 - b. Supporting clients to choose activities they would like to try in a small group
 - c. Assist with and take part in taster activities (sport, games, walking etc)
 - d. Assisting with and taking part in any other exercises which take place to accompany taster sessions, e.g. learning exercises around healthy eating
 - e. Provide general information on being more physically active and living a healthy lifestyle
3. Run **Drop In Sessions** for our clients, their parents/carers and professionals supporting them to provide information about what we do and advice on being active and healthy
4. Provide **Buddying** support to service users on a one to one to attend an activity in the community to build their confidence up. Buddying will always be within the terms decided between the service user and Active for Life. Buddying could include support with:
 - a. Transport for them to attend an activity class or club
 - b. Accompanying them on public transport to get to a physical activity class or club
 - c. Accompanying them to a physical activity session and taking part in the session yourself
5. Support running our walking groups
6. Complete information sharing paperwork with all new clients
7. Keep a brief log of work done with clients after each of the above sessions
8. Attend any relevant training sessions and team meetings.

Responsible to Active for Life Manager

Important Please remember that your role is to support people. You do not make judgments on what you think is best for people. You are enabling people to make their own choices.