

**Role: Activity Lead (Teaching)**

**Location: Active Ageing, Various**

**What the role entails:**

To co-ordinate and Lead delivery of Active Ageing activity sessions at a range of community venues. Activities may include gentle exercise/tai chi/Walking sports including football, netball or Tennis and other specific activities as they are developed. To be the main source of information for the service users and to be responsible for the smooth running of the sessions.

**What you will need to be able to do:**

- ✓ Be qualified in the activity you are teaching
- ✓ Complete paperwork
- ✓ Assist people to take part in sessions as needed
- ✓ Keep accurate records at sessions
- ✓ Collect and record monies as required
- ✓ Liaise with Venues and clubs as required
- ✓ Set up equipment as required

**Time Commitment required:**

This role is not suitable for short term volunteering

**How much training and how long it will take?**

All volunteers are required to complete mandatory online training before they start volunteering – this can take up to 5 hours

There is also additional training required for this role

**The qualities you need for the role:**

- ✓ Honesty
- ✓ Reliability
- ✓ A pleasant, polite and confidential manner
- ✓ Good level of health and fitness

**Things you MUST agree to:**

- \* Comply with Age UK Blackburn with Darwen policies at all times, especially those regarding Equal Opportunities, Health & Safety and Confidentiality
- \* Undertake required mandatory training, provided by the organisation to comply with current legislation
- \* Participate in annual volunteer reviews
- \* Keep your manager informed when you are unable to attend or of other things that affect your volunteering i.e: health conditions

Please see overleaf for more information

Fundraising - As a local independent charity, fundraising is vital to the continuation of our local services for older people. There are lots of ways of supporting us through helping with bag packs or bucket collections, delivering posters, helping at events, undertaking sponsored activities, sharing our social media posts, donating to and buying from our Charity Shop in Darwen. All volunteers are asked to support us in this way.

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