

Physical Activity volunteer role description

Role title:

LIFT Leader

Principle function:

To provide hands on support of Age Cymru's LIFT (Low Impact Functional Training) programme by running local exercise sessions for older people.

Purpose:

LIFT is a series of activities and games designed specifically for older people to take part in physical activity in a local environment – using safe seated and standing exercises that can help improve daily life

You will promote LIFT locally, and attract participants to the programme.

You will deliver LIFT sessions to older members of local communities and deliver taster sessions to other interested groups. You will work towards developing and running long term LIFT sessions in your area and also share information regarding participation in the programme with Age Cymru.

Skills and Experience:

- Ability / willingness to lead simple exercise classes
- Organised and self-motivated
- A good motivator
- Able to communicate effectively
- Approachable, friendly and professional
- Smart appearance
- Enjoy working with the public
- Be able to complete basic paperwork
- Driving license and access to a car would be desirable
- Good IT skills are desirable
- Experience of working with older people is desirable
- Community involvement is desirable

Training:

You will be required to undergo one day volunteer induction training initially so that you are fully aware of our work and all policies and procedures relating to your volunteer role. You will receive specific and accredited training for your role of LIFT Leader where you will need to attend a four day LIFT training course (divided into two sets of training, each on two consecutive days). You must attend all four days in order to pass the course. Age Cymru will cover all costs and expenses of the course. You will then be provided with ongoing support and equipment.

Expenses:

Out of pocket expenses such as travel, phone calls, lunch and postage will be reimbursed as per Age Cymru volunteer expenses policy.

Reports to: Volunteer Officer

Location: Local area

Hours: Flexible but we would like volunteers to provide us with a minimum of 10 hours each month for a minimum of 12 months

Why we want you:

We are keen to make LIFT available to as many older people as possible, as suitable exercise can make a huge difference to a person's wellbeing. We would like you to develop and deliver regular LIFT sessions in your area, contributing towards our aim to "Add life to years".

A session normally lasts for approximately 60 minutes but can be shorter or longer depending on participants' needs. Sessions are normally run in community centres, church halls and other similar buildings. Occasionally you may be asked to deliver LIFT taster sessions to support the further development of the programme into new areas. You will need to be prepared to travel in your local area to deliver LIFT sessions.

What is in it for you:

You will be helping older people to become more physically active and helping to maintain and improve their health and wellbeing in a friendly and sociable exercise session.

This is a chance for you to deliver LIFT sessions in your local area to local older people who have expressed an interest in LIFT. Age Cymru will provide you with the required training. We will link you to local Age Cymru organisations and other physical activity initiatives in your area and we will provide advertising material and help to run promotions. We will provide support via your dedicated Volunteer Officer. We will provide all equipment required to deliver your sessions, as well as public liability insurance.

For more information please contact:

Volunteer Officer
Age Cymru
Tŷ John Pathy
13/14 Neptune Court
Vanguard Way
Cardiff
CF24 5PJ

Telephone: 029 20431553

Email: lift@agecymru.org.uk

Age Cymru is the new force combining Age Concern Cymru and Help the Aged in Wales.
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