

Strength & Balance exercise class Support Volunteer

Are you looking for a truly rewarding experience? Would you like to make a practical difference to older people in your community who have had a fall or are worried about their balance?

No need to know about exercise.

Strength & Balance Community Classes that are in need of a volunteer

We would really like a regular weekly commitment from you for 15 mins. before and after the class (i.e. a total of 1.5 hrs.)

- Bodicote Village Hall Mondays 1.15 - 2.15 pm
- Masonic Hall, Wallingford Thursdays 11.15 - 12.15 pm
- Storton Lodge, Goring Mondays 11.15 - 12.15
- Sonning Common Village Hall Fridays 1.30 - 2.30 pm
- All Saints Youth and Community Hall, Didcot Thursdays 1.15 - 2.15
- Benson Village Hall Mondays 10 - 11 am
- Grove Village Hall Tuesdays 10.30 - 11.30 am
- Preston Road Community Centre, Abingdon, Tuesdays 9.45 - 10.45
- Preston Road Community Centre, Abingdon, Tuesdays 11 - 12 am

Generation Games is Age UK Oxfordshire's physical activity service. Their main focus is on Strength & Balance falls prevention classes which they are rapidly rolling out across the county. These classes help to improve a person's balance, muscle strength as well as confidence. Currently there are 41 classes with a plan to expand further. The Strength & Balance classes are taught by highly trained Level 4 Postural Stability instructors. People may attend the class if they are worried about their balance or they may have been referred by their GP or healthcare professional.

Purpose of this volunteer role:

To assist the instructor with practical tasks during the class.

What you can expect:

- Full induction and initial training session on what you will be doing
- A member of Generation Games to accompany you on your first session
- We ask you to complete our volunteer application forms; depending on your location and ability to travel you can expect to start volunteering within 2 weeks
- Experience within a well-respected charity
- Helping in one of the most practical ways to enable older people who are worried about their balance to reduce falls
- Reasonable travel costs and agreed expenses reimbursed

- A friendly and supportive environment

Main tasks:

- Help with setting up the room for the class, taking the register help with handing out resistance bands during the class
- Assisting individuals who may require more one to one support e.g. finger tip support for getting out of a chair or adding additional chairs for support in front of the person when needed
- Prepare and share a cup of tea or coffee with the participants after the session and enjoy a chat in some sessions

Desirable qualities and skills:

- An interest in helping older people and a desire to persuade them of the benefits of getting active
- A motivated and enthusiastic individual
- Reliable with good time keeping
- A non-judgmental and empathetic attitude
- Good communication and listening skills
- Proactive but also able to take instruction
- Ability to adhere to Age UK Oxfordshire's Boundaries, Health and Safety, Policies and Procedures. Volunteers must be able to build professional relationships with clients, within clearly defined boundaries.

Recruitment:

Application Form, training qualification, 2 reference checks

Contact: Anna McKay, Marketing Manager, Generation Games

annamckay@ageukoxfordshire.org.uk

01235 849 403

Privacy Policy:

At Age UK Oxfordshire we're committed to protecting and respecting your privacy.

This Policy explains when and why we collect personal information about people who visit our website or receive a service from us, how we use it, the conditions under which we may disclose it to others and how we keep it secure.

We may change this Policy from time to time, so please check this page occasionally to ensure that you're happy with any changes. By using our website, you're agreeing to be bound by this Policy.

Any questions regarding this Policy and our privacy practices should be sent by email to admin@ageukoxfordshire.org.uk or by writing to Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT. Alternatively, you can telephone 0345 450 1276.

<https://www.ageuk.org.uk/oxfordshire/privacy-policy/>