Ageing Well Buddy Swimming Volunteer (Age 45+)

Reference code: VO14783

Are you 45+ with a warm and open manner, and an appreciation for the benefits of being active? We are looking for enthusiastic and caring people, who are confident in water, to join our friendly & sociable team of volunteers to support older adults (50+) to be physically active, and comfortable in a swimming pool environment, at one of our venues in Edinburgh. We'll make sure that you receive training and support to enable you to have fun and succeed in making a difference with us. Buddy Swimming is for older adults who would like to swim but who have either lost their confidence, or perhaps due to ill health, are no longer able to swim on their own. Ageing Well volunteers - all of whom are older adults themselves – meet participants in the reception area prior to the session and give the necessary support both at poolside and in the pool to help participants regain their confidence whilst working on improving their strength, coordination, and flexibility. Volunteers say that they develop deeper connections within their communities, feel better physically, mentally, and emotionally; and are better able to manage health conditions such as stress. The project is run in partnership with NHS Lothian and is part of the UK Ageing Well network, which aims to increase the expectation of good health in older adults. Please check out our webpage for more information on our activities https://www.edinburghleisure.co.uk/ageing-well

About Edinburgh Leisure

Edinburgh Leisure's Active Communities team uses physical activity to improve the lives of people affected by health conditions, disabilities, inequalities, and poverty. We have opportunities to volunteer in a vast range of projects and programmes that help people become and remain active. We aim to make a positive impact on the Health and Wellbeing of people in Edinburgh.

Experience Required

Water confidence, Good communication skills , Welcoming and friendly, Good team worker, Well organised, Min age 45. Open, warm and friendly manner Effective communication skills. Comfortable and confident in the pool. Compassionate/empathetic: participants may be cautious or hesitant about entering the water. Excellent time-keeping skills Willingness to undertake training required Reliability Ability to work alongside others in a team Non-judgementa

Training Details

1 day of core training, which covers safeguarding, data protection, and all the induction training they need to start their role. Other, swim specific, training available. Ongoing support in the form of volunteer meetings, celebration events, and 1:1 support from staff.

Location/Travel Details

Volunteer Centre Edinburgh is a Company Limited by Guarantee and is Registered in Scotland No. SC202631 and a Registered Scottish Charity SC029681

Locations include: • Leith Victoria Swim Centre – Monday AM • Glenogle Swim Centre - Tuesday AM (continues throughout school holidays) • Warrender Swim Centre – Wednesday AM • Drumbrae Leisure Centre - Thursday AM• Royal Commonwealth Pool – Tuesday noon Dalry Swim Centre on Friday mornings. Wester Hailes EducationCentre

Expenses

Volunteers fill in a bank details form when they first claim expenses, along with the expenses form itself and expenses will be paid directly into their bank account monthly.

Accessibility Details

- Wheelchair Access/Disabled Access Toilet
- Induction Loop
- Support Workers Welcome
- Disabled parking
- Happy to have a conversation about volunteer's needs
- Smart technology (eg tablets)

Work Type

Sports/Outdoor Activities

Cause

Elderly

Flexibility & Commitment

Term Time;Flexible;Summer Holidays

Flexible – from 1-2 hours a week to 1-2 hours every few weeks

Available Times

	mon	tue	wed	thu	fri	sat	sun
am		●	●	●			
pm	●	●	●	●			
eve							

Contact Details

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