



Ageing Well Activity Volunteer (Age 45+)

Reference code: VO13797

Lead or support activities for older people in local communities. Activities include walking, cycling, seated exercise, gardening, indoor curling, swimming, dancing and singing. A social element provides opportunities for participants to share experiences and develop new friendships. Many volunteers choose to undertake additional training to lead or support activities amongst their peers. Other volunteers help out supporting promotional events.

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

Desire to help others of similar age become or remain active within their local communities. Kind, caring nature. Enthusiastic, supportive and positive about healthy, active lifestyles. Good listener.

Training Details

Initially core project induction training followed by specific activity training when appropriate. On-going support provided by the Ageing Well team.

Location/Travel Details

The Ageing Well Project is Edinburgh wide. Volunteers generally work within neighbourhood settings such as community centres, older people's accommodation or outdoors.

Expenses

We pay all regular travel expenses and reimburse all out of pocket expenses.

Accessibility Details

- Named Contact For Volunteer
- Wheelchair Access, Disabled Access Toile

Work Type

Sports / Outdoor activities

Cause

Elderly

Flexibility & Commitment

Term Time

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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