



Movement For Memories Volunteers

Reference code: VO14349

In the Movement For Memories programme you will have the opportunity to support those living with dementia to access physical activity opportunities. You will work on a 1:1 basis with a person living with dementia to help them access swimming, tennis, golf, the gym, or fitness classes. You will offer them support and encouragement to help them enjoy and participate in their chosen activity. You will also complete observation sheets so we can see how the participant is getting on.

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

Essential qualities for this role are: Open, warm and friendly manner, Caring and non-judgmental approach, Good communication skills, Ability to actively listen, Commitment to the role, Willingness to undertake training as required, Excellent time-keeping skills.

Training Details

Volunteer Core training occurs every month on various dates. Ongoing training provided, some of which is certified.

Location/Travel Details

Across Edinburgh.

Expenses

Travel expenses and any activity related expenses (eg. Refreshments for the participants) are covered, and paid monthly

Accessibility Details

- Wheelchair Access/Disabled Access Toilet

Work Type

Sports / Outdoor activities

Cause

Elderly

Flexibility & Commitment

School Holidays;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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