



The Creighton Centre

Volunteer Role Description

ROLE: Keep Active volunteer [exercise/walking support]

PROJECT: Keep Active, The Creighton Centre

Background to the role:

Keep Active is a volunteer-delivered project at The Creighton Centre, which aims to provide support to older people (60+) who have had a fall, stroke or other illness. We work in partnership with the NHS Community Rehabilitation Service across Hammersmith & Fulham. As a Keep Active Volunteer you would visit an older person (the average age is 84) **once a week for up to nine weeks** to help them with improving mobility indoors with exercises, or outdoors with walks in their community. This project aims to empower people to get back to independence, access community once more and reduce risks of future falls and hospital re-admittance.

Availability/commitment:

- To live in or near Hammersmith and Fulham, or travel regularly through
- To be able to spare 1-2 hours a week, preferably during working hours

Role of the Keep Active volunteer:

- To attend an initial one-off training session [with Volunteer Coordinator and therapists from NHS rehabilitation teams].
- To visit an older person's home once a week for up to 9 weeks to supervise and motivate them to continue practicing their exercise and walking goals, as prescribed by NHS rehabilitation teams.
- Support might include:
 - A walk around their local community possibly going to the park or visiting shops.
 - Encouraging them to complete a prescribed gentle exercise program.
 - Keeping an older and sometimes isolated person company.
 - Visiting someone in their homes to help them reach their exercise goals.

NB: Please note that this is a volunteer role and you will not be expected to provide any physical support. This is a motivational role only.

We will provide:

- Induction training and NHS Community Rehabilitation led training (weekday training).
- Regular contact and support from the project staff.
- Occasional social events for volunteers
- Occasional training opportunities for volunteers
- A reference after 3-6 months of volunteering with us
- An enhanced DBS check
- Reimbursement of travel expenses incurred during your volunteering

Skills needed:

- Good listening and communication skills and a good level of spoken English.
- Empathy and a kind and patience approach.
- Enthusiasm and commitment.
- A friendly personality.
- The desire to make a positive difference to someone's health and wellbeing
- Ability to cope with clients who are unwell.
- A positive attitude towards empowering and improving the lives of older people
- An understanding of and commitment to our policies (including; confidentiality, Safeguarding and equal opportunities policy)

Accountable to:

Keep Active Coordinator