



## Volunteer Role Description for Exercise Class Helper

<b>Role Title:</b>	<b>Exercise Class Helper</b>
<b>Where:</b>	<b>Katherine Low Settlement 108 Battersea High Street</b>
<b>When:</b>	<b>Club operates on Alternate Tuesday afternoons 1pm-3pm</b>
<b>Commitment:</b>	<b>2 hours a week exact hours dependent on the class.</b>
<b>Duration:</b>	<b>Ongoing</b>
<b>Purpose:</b>	<p>Assisting one of our elders exercise classes that are led by a trained instructor. We need volunteers who are;</p> <ul style="list-style-type: none"> <li>• Empathetic, compassionate and patient.</li> <li>• Reliable and friendly.</li> <li>• Able to support members with their exercises under the supervision of a trained group leader</li> </ul>
<b>Main Duties</b>	<ul style="list-style-type: none"> <li>• Welcoming members to the centre reception and escorting those that need support to and from the class.</li> <li>• Assisting with setting up and putting away the club equipment including setting out chairs.</li> <li>• Getting a jug of water and cups</li> <li>• Socialising with members before and after the session.</li> <li>• Liaise with the Exercise Leader or the Elders Team if any issues arise or if there are any concerns regarding the member.</li> <li>• Adhere to the policies and procedure of KLS including safeguarding and Confidentiality.</li> </ul>
<b>What's In It For You:</b>	<ul style="list-style-type: none"> <li>• The opportunity to get experience in a community health and social care setting</li> <li>• Meet new people</li> <li>• Giving your time to the local community</li> <li>• Become part of a team</li> <li>• References after 6 months volunteering</li> </ul>
<b>Why We Want You:</b>	<p>As part of the volunteer team in the Katherine Low Centre you can make a difference to older people's lives. The clubs friendly atmosphere helps our members to socialise in a secure and safe environment.</p>
<b>Commitment</b>	<b>We ask for a commitment of six months</b>
<b>Responsible to</b>	<b>Elders Team</b>
<b>Application Process</b>	<p>If you would like to apply for this volunteer role with us, we ask that you;</p> <ul style="list-style-type: none"> <li>• Complete the attached application form</li> </ul>

	<ul style="list-style-type: none"><li>• Attend an informal interview with a member of the Elders Team.</li><li>• Bring into the office a copy of your ID such as your passport or driving licence</li></ul>
Notes:	Travel expenses will be reimbursed with prior agreement
For more information, contact:	Sarah Goodall, Lisa Idrisu or Dawn Killeen from the Elders Team Tel: 020 7223 2845 E-mail: <a href="mailto:sarahg@klsettlement.org.uk">sarahg@klsettlement.org.uk</a> <a href="mailto:lisa@klsettlement.org.uk">lisa@klsettlement.org.uk</a> <a href="mailto:dawn@klsettlement.org.uk">dawn@klsettlement.org.uk</a>