

Midlothian's Ageing Well Project

Information on Volunteering

VOLUNTEERING

Role

All volunteers will be encouraged to carry out some of the following tasks in their work with the project. The volunteer may already demonstrate these skills or can develop them through time.

Main Tasks

- 1 Attend Volunteer Training sessions and meetings.
- 2 To facilitate discussion into aspects of physical activity and promote its benefits.
- 3 To listen to older people within the community to identify and understand potential barriers to participation in an active lifestyle. Sharing personal experience and offer encouragement and support to peers in their pursuit of positive lifestyle changes.
- 4 Lead and assist with weekly activity groups in different areas in Midlothian. E.g. train to become a walk leader and become part of a health walk team or assist with running a weekly New Age Kurling group.
- 5 Assist with running annual events such as the Senior Olympics and Walk the Line as well as assisting with functional fitness and information days throughout Midlothian.

Commitment

Training Phase -Initial training of approx 6 hours plus specialised training e.g. walk leader one day training course, run by Paths for All

Volunteer Commitment – minimum of one hour per week.

Expenses

Travelling and motor expenses will be reimbursed.

Training and Support

You will be provided with ongoing support from the Project Co-ordinator and also from current volunteers who are engaged in project activities - a buddy system will be provided initially

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