

# Volunteer Role Description



## Community Engagement: Exercise Class Assistant

The Wimbledon Guild is dedicated to supporting ageing, encouraging mental wellbeing and tackling poverty throughout the London Borough of Merton. We support as many local people as we can and help them through challenging periods of their lives. Our aim is to be there for anyone who might need our help.

### What will you be doing?

- Assisting the instructor in setting the room and distributing exercise equipment.
- Registering and making new customers feel welcome.
- Taking the attendance register and collecting fees at the beginning of class.
- Assisting participants with their coats and other belongings, helping them to their chairs, and placing walking aids within reach when necessary.
- Sitting with and ensuring participants are comfortable should they need to rest during class.
- Handing out water to participants while they're exercising, if needed.
- Waiting with participants after class for them to be picked up, if necessary.

*"Our volunteers love to engage with people and are great at making people feel welcome."*

### Is this role right for you?

- Our volunteers don't need any particular qualifications or experience, just a passion for helping others. Any skills or interests you have may be useful so please let us know when you apply.
- Flexibility, patience, and the ability to work in a team are essential, as are having a sense of humour and lots of enthusiasm.

### Who will you volunteer with?

- You will be part of the Community Services team helping to improve older people's lives in Merton. You will normally volunteer alongside the instructor and one or two other volunteers.

### What is the commitment?

- Our activities usually take place in the mornings and/or afternoons during the week.
- Exercise classes are on Mondays and Wednesdays
- Adhering to Wimbledon Guild policies and procedures, including data protection and confidentiality.

### What can you expect from The Wimbledon Guild?

- A satisfying and rewarding experience.
- Feeling part of a vibrant and dedicated team.
- Full support from the Wimbledon Guild including a thorough induction to the Guild and your role.
- Training where necessary. This may include disability awareness and mobility assistance training (great for your CV!).
- Reimbursed out of pocket expenses.

Get in touch and make a difference!

*\*Please be aware some roles will require a criminal record (DBS) check.*

*In compliance with the Data Protection Act 1998 all personal data gathered will be stored in a secure environment by the Wimbledon Guild and may be used for marketing purposes. We do not share your data with third parties. Registered Charity No. 200424.*

Contact our Volunteer Manager for more information and an application form.

E [volunteer@wimbledonguild.co.uk](mailto:volunteer@wimbledonguild.co.uk) T 0208 946 0735 W [wimbledonguild.co.uk](http://wimbledonguild.co.uk)