

## **VOLUNTEER ACTIVITY COACH**

Connection Support has a range of services providing support to people at risk of homelessness or on the edge of needing social care. We work with people made vulnerable through debt, family circumstances, mental health issues, substance misuse, care leavers, learning disability, age, and physical disabilities.

Volunteers play a key role in the provision of vital services to our clients.

### **Could you prevent loneliness and isolation in your community and become a Volunteer Activity Coach?**

- Do you have a recognised fitness qualification and/or experience within the fitness sector?
- Do you have 1-2 hours a week to give to a support home to help clients engage with evening activities such as boxing or HIIT
- Can we rely and depend on you to commit to a period of up to 12 weeks?
- Can you create and maintain positive, professional, and trusting relationships with a non-judgmental approach?

**If you can answer 'yes' to these questions, then we would love to hear from you!**

### **Key responsibilities**

- Holding one-on-one, or group sessions with clients
- Providing innovative and challenging exercises to keep clients engaged and motivated
- Proactively seeking and providing feedback in a manner which suits each individual client
- Acting as a positive role model to all clients

## Skills required

- Excellent people skills to enable you to work with a range of individuals with complex backgrounds, to motivate and encourage them to engage with activities
- Making the best of the environment in which clients are exercising
- Great time-keeping and organisational skills
- High levels of enthusiasm and drive

## Volunteer recruitment and training

Following a show of interest to volunteer as an Activity Coach, this would be the typical process that will then follow:

- You will be asked to complete a short application form, or you can send us your CV if you prefer outlining relevant experience in life or work
- Our Volunteer Recruitment Team will arrange to meet with you, or speak to you over the phone to answer any questions you may have
- We will apply for an enhanced DBS check for you
- You provide two-character references
- You will complete online training such as safeguarding and code of conduct

Once you've let us know your availability, we will then match you with our clients where you will provide weekly sessions with a commitment of 1-2 hours per week.

**Location: Orchard House, Milton Keynes**

**At Connection Support we welcome and encourage applications from everyone, regardless of ages, gender, disabilities, and background.**

**This is a voluntary role. The position is subject to an application process followed by a face-to-face informal interview.**