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| **Volunteer Role Title:** Health and Wellbeing Volunteer (Gentle Exercise Supporter) | |
| **Department:**  Health and Wellbeing | **Volunteer Supervisor:**  Chris Davies |

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| **Purpose of the role:**  Thistle health & well-being services aim to improve the quality of life for people with a long term condition by working with people to identify and increase their coping skills, sense of control over symptoms and confidence in abilities to move on in life. One way we do this is through our activity based programmes such as gym based exercise classes. Our volunteer supporters work alongside our gym staff who lead our gym classes. |

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| **Main Duties and Activities:**   * To help set up gym for classes and tidy up after * To work alongside the gym staff member and support the gym class, providing support for individual people within class as required * To work towards facilitating exercise groups (in a supervised gym area). |

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| **Hours or Day(s) Required:**  Gym classes run at set time during the week, currently there is a class daily Monday – Friday. The minimum expectation will be   * 1 weekly sessions (Monday afternoon) * Quarterly volunteer support meetings * Annual Volunteer Review meeting   Extra time will be required for:   * Thistle induction for new volunteers * Meetings, ongoing in-house training & development for the role as required |

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| **Skills & Personal Qualities:**   * Responsive to the needs of others * A good listener * Communicates and works well with others in the team |

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| **Training:**   * Completion of Thistle Introductory training course * Completion of Thistle Introductory Peer Facilitator training course (specifically the Exercise module) * Thistle Induction and Health & Safety training * In- house gym training * Ongoing training, team meetings and development pertinent to the role as discussed with Supervisor. |

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| **Resources required:**   * T-shirt x 2 * Thistle name badge |

This Volunteer Role Description is open to review by Thistle Foundation at any time Date: 14/6/18