

Volunteer Role Description

Involve are a community led charity and resource, committed to providing holistic health and wellbeing support to people of all ages and circumstances to help them lead happier, healthier lives.

Volunteer role: Postural Stability Class Assistant

Supported by: Postural Stability Co-ordinator

Commitment: 2 hours per week, dates & times vary depending on the group

Location: Various (Maidstone, Tunbridge Wells, Tonbridge, Sevenoaks, Gravesend)

DBS: DBS required (undertaken by Involve)

About Postural Stability Classes:

Involve's Postural Stability classes are funded by Public Health and are free to attend. The weekly classes are designed to improve balance and stability, and to support independence and confidence for those worried about falling. Classes are led by specialist, highly qualified instructors. Participants are gently guided through a series of chair-based and standing exercises and will progress at their own pace. When they are ready, they are taught how to get up off the floor in the event of a fall.

Role purpose:

To support our specialist instructors to ensure the smooth running of our postural stability course for older people who are at risk of falling.

Tasks and activities:

- Greet clients on arrival and chat with them before class begins and during coffee break
- Participate in the low impact exercises to encourage clients
- Assisting instructor by handing out any equipment e.g. exercise bands
- Help set up tables and chairs for the class
- Make tea and coffee for clients during break

In return, Involve offers:

- Mandatory training and additional training related to your volunteer role
- Travel expenses provided to cover mileage and parking costs
- Full insurance cover
- Support from the Postural Stability Co-ordinator
- Social events for Volunteer's Week and Christmas

To find out more about this volunteering role and to register your interest in volunteering, call 03000 810005 or email falls.prevention@involvekent.org.uk