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**Staying Steady Community Champion**

**Volunteer Role Description**

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| **Title:** | **Staying Steady Community Champion** |
| **Overall purpose of role** | To provide support in service users homes, or in GP surgeries, with simple strengthening exercises and information on falls prevention.We are piloting an exciting new project to help reduce the risk of falls. You will be working together with Age UK HHB, Primary Care Staff from local GP Surgeries and patients. We will provide one to one and group activity sessions of strength and Balancing exercises and advice. |
| **Outline of activities** | * Contact service users who want to access the service and arrange a home visit
* Visit service user at home and do risk assessment of home (Training given)
* Support service user to do simple strengthening exercises (Training given)
* Give the service user information on falls prevention in the home and share factsheet
* Report back to the GP surgery summaries of visits
* Report outcomes of sessions
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| **Personal qualities and experience** | * Experience of dealing with members of the public in a professional way
* Good interpersonal skills and be able to talk to a wide variety of people
* Empathy and an understanding of the issues that face older people
* Enthusiasm and reliability
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| **A commitment to the role** | * We would like all volunteers to join with the intention of staying for at least 6 months
* Have regular catch-up meetings with supervisor
* Attend 2 half day sessions of training relevant to this role
* Commit to 2 hours per week supporting service users in their home or at a GP surgery
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| **What can you expect from volunteering at Age UK Hillingdon** | * Clearly defined voluntary role within the organisation.
* Provide induction, information and training to enable you to carry out your role effectively
* Training from a professional Physiotherapist in strength and Balance exercise
* Provide you with the policies, procedures and standards of the organisation in relation to volunteers
* Provide an accessible complaints procedure.
* Provide references where needed after 6 months volunteering Out of pocket expenses
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| **Still interested?** | Please contact volunteerhub@h4all.org.uk or tel 07395 282825 |

***This role outline is binding in honors only, and is not intended to be legally binding***

Age UK Hillingdon, Harrow and Brent is committed to safeguarding and promoting the welfare of all older people and children within the London Boroughs of Hillingdon, Harrow and Brent