

## **Falls Prevention Class Volunteer**

---

Falls Prevention Class Volunteers assist a qualified Postural Stability Instructor in weekly classes for older people at risk of falling.

### **Tasks & activities:**

Volunteers will assist the instructor in ensuring the smooth-running of these classes which are designed to enhance strength, balance and mobility.

The role involves greeting clients and engaging in conversation with them before the class and during the break. You can help by participating in the low impact exercises as well as encouraging our clients' participation and supporting their engagement with the activities.

You will be available to help the instructor to set out tables and chairs for the class, as well as making teas and coffees for the participants.

This role is for someone who is friendly, welcoming and supportive who is keen to ensure our clients have an enjoyable experience whilst they work towards improving their mobility and confidence.

**Date and time:** Weekly, dates and times vary depending on the group.

**Place:** Various – based around West and North Kent.

**Transport:** We will cover your mileage and parking expenses related to any activities that you support us with in your volunteering role.

**Skills required:** Good listening skills, intuitive, observant, supportive, reliable, active and patient. Experience of working with the over 55s and people with disabilities is desirable but not essential.

### **Benefits offered:**

1. Mandatory training is provided and additional training relating to your volunteer role is offered.
2. Travel expenses are provided, these cover mileage and parking costs.
3. Full insurance cover
4. Regular Volunteer Events
5. Volunteer Newsletter
6. Support from the Volunteer Co-ordinator
7. Volunteers Week and Christmas events

**To discuss volunteering opportunities further, you can call us on 03000 810005 or send us an email at [volunteering@involvekent.org.uk](mailto:volunteering@involvekent.org.uk)**