

## Volunteer Role Description

### Gentle Movement Lead Volunteer

#### Programme overview

A cancer diagnosis and treatment can make people feel isolated and alone, with little energy and feeling low. The advice used to be that rest was best, however research shows that moving more can actually help with recovery and makes you feel better. For people affected by cancer, benefits of participation in physical activity include decreased fatigue, increased physical functioning and improved wellbeing. Regular physical activity may even reduce the chances of some cancers coming back.

Macmillan Cancer support are working with **enjoyleisure** and East Lothian Council to deliver the Move More East Lothian programme. From walking groups, gardening to small group circuits and gentle movement classes, there is something for everyone.

We want to make sure that everyone affected by cancer has access to appropriate physical activity opportunities and we need your help to achieve this.

#### Why we need you?

We are looking for volunteers to lead our Gentle Movement classes for people affected by cancer.

Gentle Movement instructors deliver sessions which are a gentle introduction to moving more. They use slow, smooth body movements and controlled relaxed breathing to encourage participants to gradually become more active and gain confidence in a relaxed, friendly atmosphere. Gentle Movement classes are led by volunteers and use Tai Chi and Qigong moves so that participants can exercise and relax.

#### Gentle Movement volunteer's main activities and tasks

- Provide a warm welcome and experience to participants.
- To lead gentle movement class in East Lothian for people affected by cancer and their family/carers.
- Set up, pack up and tidy before and after session.
- Instructors may be required to deliver alone or alongside another instructor.
- Taking a register of those attending the class & returning this to Move More staff.
- Encouraging, supporting and motivating participants.
- To attend training and support sessions.
- Participate in the evaluation of the Move More East Lothian Gentle Movement groups.

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## Benefits to you

- You will be a valued volunteer and a vital part of the Macmillan Move More programme.
- You will be making a difference to the lives of people affected by cancer in your local community.
- Develop knowledge and experience of the benefits of exercise for people affected by cancer.
- Regular social activities with other volunteers on the Move More Programme.
- Training and experience to enhance your CV.
- Be part of an innovative project.

## Location and time commitment

Gentle Movement classes will run at various venues and times across East Lothian. You will be matched to a venue and time that suits you.

We ask that volunteers make a regular commitment; this will help provide service users with a consistently great experience of the Move More East Lothian programme.

## Skills and qualities we are looking for

- An interest in volunteering with people living with and beyond cancer.
- Willingness to undertake training required.
- Open, warm and friendly manner.
- Good communication and listening skills.
- Non-judgemental and empathetic.
- Awareness of own limitations and boundaries.
- Excellent time-keeping skills and reliability.

## Training provided

Full training will be given for this role, including an initial one-day Macmillan training and a further 20 hours of Gentle Movement training taken over 3 days. This will include full practical training to deliver Move More Gentle Movement classes. You will also have access to Macmillan's learning programme to support you in your role and develop your skills. Regular ongoing support is also available from the Move More Coordinator.

## Disclosure checks

Lead volunteers will be required to undertake a Protecting Vulnerable Groups (PVG) check. The purpose of this is to safeguard volunteers and service users from harm. The check involves completing a short form. If you have any questions or concerns about this, please contact the Macmillan Move More Coordinator.

## Who to contact?

If you are interested in the role, or would like a bit more information please contact Shauna Cunningham, Move More Coordinator on 0131 653 5264 or email [movemore@enjoyleisure.com](mailto:movemore@enjoyleisure.com)