



Healthworks Enables Programme Volunteer Role

Location:

Dalgarno Trust W10 5QB, Dalgarno Trust, and assisting locally in community activities and outreach events.

Responsible to:

Healthworks Enables Manager

Hours of work:

Flexible but ideally a minimum of 3 hours a week/ bi-weekly (including training)

Purpose of the role:

- To represent, advocate and support the Healthworks activities run at Dalgarno Trust. These include weekly Stretch and Zumba classes, Tea @Dalgarno
- Volunteers are invited to attend weekly or fortnightly to build skills to work towards delivering activities which reflect their own and their community's needs. You can actively suggest and help develop the programme which you support.
- You receive training to support your community awareness which is focused on improving the health outcomes for all ages. The accredited training offered to improve your skills includes Food and Hygiene, First Aid, DBS, Understanding Health Improvement, and workshops focused on improving awareness of community health.
- Take part as a Healthworks Volunteer at local outreach events across RBKC to promote the free programme of activities and talking directly to the public through fun quizzes, games and handouts.
- Support Community days and lunches run from the Dalgarno Trust.

Skills and Attributes:

- Good interpersonal and communication skills that will complement the activity leader in delivering an effective session.
- Self-motivated with the ability to enthuse others.
- Able to be calm, efficient, and professional in a busy environment.
- A DBS will need to be undertaken for this role