

# MOVE MORE GENTLE MOVEMENT LEAD VOLUNTEER

Volunteers are at the heart of Macmillan in Lanarkshire. By choosing to join us as a Move More Gentle Movement volunteer, you'll be doing something amazing for people at a difficult time. A cancer diagnosis and treatment can make people feel isolated and alone, with little energy and feeling low. The advice used to be "rest is best", however research shows that moving more can actually help recovery and improve symptoms.

Culture North Lanarkshire is working in partnership with North Lanarkshire Leisure and Macmillan Cancer Support to deliver Move More North Lanarkshire; a programme of activity specifically designed for people affected by cancer. From gardening and walking groups to circuit and gentle movement classes, there is something for everyone.

## About the role

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

## Location, days and times

We need volunteers who can help at the following venues, days and times:

|                                    |                          |
|------------------------------------|--------------------------|
| Bellshill Cultural Centre          | Monday 11am to 12.45pm   |
| Wishaw Library                     | Tuesday 1.15pm to 2.45pm |
| Muirfield Comm. Centre Cumbernauld | Monday 12.45pm to 2.15pm |

## Activities will include

- Leading a Gentle Movement class for people affected by cancer
- Meeting and greeting participants, providing a warm welcome to the class
- Supporting people on a one to one basis, depending on their individual needs
- Ensuring basic paperwork is completed/collected for each class
- Signposting participants to Cancer Information and Support Services (CISS) where appropriate
- Attending volunteer development sessions to keep informed and up to date

## Training and support

Training for this role includes an initial one day Macmillan core training and a 20-hour physical activity training course. You'll have access to a yearly learning programme to support you in your role and develop your skills. Regular ongoing support is available from the project team.



## Benefits to you

- Be part of a friendly, team of people and support your local community
- Use and develop your skills, enhancing your CV
- Full training and induction for the role
- Initial and ongoing training to support your development
- Regular individual and group volunteer support sessions
- Receive agreed out of pocket expenses
- Have a rewarding experience, making a real difference to people affected by cancer in your community

## Qualities and skills required for the role:

- Willingness to undertake training required
- Open, warm and friendly manner
- Good communication skills
- Commitment to the role
- Non-judgmental
- Ability to 'actively listen' (training will be given)
- Awareness of own limitations and boundaries
- Excellent time-keeping
- Reliability

Volunteering roles with Macmillan in Lanarkshire require either a Basic Disclosure check or membership of the PVG Scheme (Protected Adults). We'll support you to complete the relevant paperwork during the recruitment process.

## What's the commitment?

We ask that volunteers commit where possible to one session each week (approximately 1½ hours – a one-hour class plus setting up/closing). This regular commitment from you will help to provide service users with a consistently great experience of the Gentle Movement Programme

## What's the commitment?

- A few hours per week, on a rota basis, for 6 months or more
- Flexible to suit your current commitments, dependant on service need

Application forms can be found online at [www.culturenl.co.uk/macmillan](http://www.culturenl.co.uk/macmillan).

For more information contact our Volunteer Manager who will be happy to discuss your enquiry and the role in more detail, and answer any questions.

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