

# MOVE MORE MOTIVATOR

Volunteers are at the heart of Macmillan in Lanarkshire. By choosing to join us as a Move More Motivator 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 are looking for volunteers to motivate, encourage and support participants at Circuit classes or Gentle Movement classes to ensure participants feel included and have the best experience possible.

## Location, days and times

Currently classes take place at the following venues and times:

Sir Matt Busby Centre	Mondays, 2pm – 3.30pm	Circuits
Time Capsule	Mondays, 4pm – 5.30pm	Circuits
Wishaw Sports Centre	Wednesdays, 1.30pm – 3pm	Circuits
Tryst Sports Centre	Wednesdays, 2pm – 3.30pm	Circuits
Airdrie Leisure Centre	Thursdays, 10am – 11.30am	Circuits
Motherwell Aquatec	Fridays, 9am – 10.30am	Circuits
Bellshill Cultural Centre	Mondays, 11:15am – 12.30pm	Gentle Movement
Muirfield CE Centre	Mondays, 1pm – 2pm	Gentle Movement
Airdrie Library	Mondays, 1.30pm – 12.30pm	Gentle Movement
Wishaw Library	Tuesdays, 1.30pm – 2.30pm	Gentle Movement

## Activities will include:

- Working in partnership with Cancer Rehabilitation trained exercise coaches or Gentle Movement Volunteers Assisting instructors
- Meeting and greeting participants, providing a warm welcome to the class
- Supporting people on a one to one basis, depending on their individual needs
- Signposting participants to Cancer Information and Support Services (CISS) where appropriate



- Attending training, development and support sessions to keep informed and up to date

### **Training and support**

Training for this role includes an initial one-day Macmillan training and a half-day role-specific training module. 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

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 to 2 hours). This regular commitment from you will help to provide service users with a consistently great experience of the Move More Programme

**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.

**Tel: 01698 332839**

**Email: [macmillan@culturenl.co.uk](mailto:macmillan@culturenl.co.uk)**