



Easy Movers Class Lead, Active & Creative Communities

Do something amazing and volunteer with North Lanarkshire Council. By choosing to join us you will be directly supporting vital work to improve and enrich the lives of people in your local community.

A chronic 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 help recovery and improve symptoms.

Easy Movers is a low intensity class that sits within Active NL’s Active Health Programme open to anyone affected by a long-term condition.

We’re looking for volunteers who can offer a minimum commitment of 3 hours per week
Cumbernauld New Town Hall (Mondays 12.00pm - 01.15pm) Airdrie Library, Airdrie Thursdays (11.00am to 12.15pm)

What’s involved?

Activities you could be involved in include:

- Leading an Easy Movers class for people affected by chronic conditions
- 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 Support & Information Services Hubs where appropriate
- Attending ongoing learning and development sessions to keep informed and up to date

What will you get out of it?

- Making a difference to your local community
- Make new friends and feel connected
- Full training provided for roles
- Reduced membership to ActiveNL Gyms 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

Training

Training for this role includes an initial half day Macmillan core training and a two 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.

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 down). This regular commitment from you will help to provide service users with a consistently great experience of the Easy Movers Programme

Application forms can be found online at www.culturenl.co.uk/macmillan.

For more information contact our Volunteer & Services Coordinator who will be happy to discuss your enquiry and the role in more detail.

Tel: 01698 332607 Email: macmillan@northlan.gov.uk