

Volunteering Link

Volunteering Link, an Inclusive and Welcoming place for our volunteers, whilst Empowering them to be Ambitious through Adaptable and Collaborative approaches to volunteering. A vision where our borough is a place where every volunteer is valued, supported, and can thrive.

Health & Wellbeing

Volunteering role with	Waltham Forest Community Hub
Service	Health & Wellbeing Service
Brief	The Health and Wellbeing Service aims to inspire, engage and support the community by promoting and providing a varied range of activities for the residents of Waltham Forest. We encourage and facilitate active participation within society through our varied range of activities, including our weekly drop in Community Coffee Morning, Senior's Club, Community Day trips and Chair Exercise sessions, as well as several other new and exciting activities and events currently in planning. We deliver high-quality, accessible and user-centred services that address inequalities, promote well-being and empower the residents of Waltham Forest. As a Health & Wellbeing Volunteer you will play a key role in promoting healthy lifestyles, improving mental health, encouraging inclusivity and participation through the delivery of fun, engaging, and accessible activity sessions for people of all ages and abilities.
Role description/responsibilities	To support the running of Health & Wellbeing Services and Events including Community Coffee Morning, Senior's Club and other wellbeing groups (you can participate in more than one if you wish).

	• To assist with any necessary set-up and clear-up pre and post sessions. • To inspire and mentor our service users with your knowledge & experience. • Enable a supportive and welcoming space by providing informal companionship, advice and a listening ear to service users. • Undertake any required record keeping to assist with the monitoring of the general wellbeing of service users. • Being adaptable to the needs of the group and reporting any concerns to the H & W Service Manager.
Boundaries	• Volunteers are not responsible for counselling or medical advice. • Volunteers will not provide personal care, transport, or financial support. • Volunteers should not share personal contact details with service users. • Volunteers must report any safeguarding concerns to staff immediately. • Volunteers do not make organisational decisions; guidance and supervision will be provided.
Skills/qualities	• A willingness to support those who may be disadvantaged or vulnerable. • Inclusive and non-judgemental to the diverse range of service users at the Hub. • Ability to be adaptable to the needs of the service, using initiative to help the sessions run smoothly. • Active listening and communication skills. • Encouraging and empathetic interest in others. • Basic computer skills may be required to update our customer database (where necessary). • Ideally be passionate about physical activity and community wellbeing, some previous experience in the health and wellbeing sector is desirable but not required.

	You want to make a difference within your local community.
Qualifications required	No set qualifications just a willingness to support community led health and wellbeing activities and initiatives.
Training to be provided	Completion of Mandatory Training courses, including: - Safeguarding Adults at Risk - Safeguarding Children, including Internet Safety - Safeguarding Adults - Health & Safety in the Workplace
Benefits gained from volunteer opportunity	This Volunteering role offers a dynamic and rewarding opportunity to inspire and mentor vulnerable residents, contributing to their physical and mental health as well as personal growth. You will play an important role in making significant impact in your local community and will have the opportunity to learn new skills, improve upon existing knowledge, meet new people and make a positive difference to both your life and others.
Any other information	

Hours/days	Minimum 3 hours per week, Tuesday, Wednesday or Thursday.
Length of duration/time commitment	Minimum of 3 months
Location	Waltham Forest Community Hub, Orford Road Aldriche Way, Highams Park Other locations to be confirmed as the service expands outreach across the borough.
Expenses	Our volunteers will be reimbursed with travel and lunch expenses as per our Volunteer Policy.