



## Volunteer Role Description

### Gentle Movement Volunteer

#### Why we need you?

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

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. Macmillan Cancer Support is working with Leisure and Culture Dundee to support people affected by cancer to take the first steps to become more active.

#### What will be involved?

- To lead a Gentle Movement class in Dundee city for people affected by cancer and their family carers.
- To attend training and support sessions.
- Complete basic paperwork for each class.
- Participate in the evaluation of the Move More Dundee Gentle Movement groups.

#### Benefits to you

- ✓ Full training for the role of Move More Gentle Movement Lead volunteer.
- ✓ Regular support from the Move More Dundee Team.
- ✓ Additional support from Macmillan Cancer Support.
- ✓ Develop knowledge and experience of benefits of exercise for people affected by cancer.
- ✓ The chance to meet and make new friends.
- ✓ Make a real difference to the lives of people affected by cancer in your local community.
- ✓ Regular social activities with other volunteers on the Move More program.
- ✓ Excellent experience to enhance your CV.
- ✓ Be part of an innovative project, the first of its kind in Dundee!

#### Location

Gentle Movement classes will run at various venues and times across Dundee City. You will be matched to a venue and time that suits you.

We ask that volunteers commit whenever possible to one session each week (approximately 2 hours). This regular commitment from you will help to provide service users with a consistently great experience of the Move More Dundee programme.

#### Skills and qualities we are looking for

- ✓ 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 skills
- ✓ Reliability

#### Training provided

Move More Dundee Gentle Movement lead volunteers will be given full training for their role by Leisure and Culture Dundee in partnership with Macmillan Cancer Support which will include Cancer Awareness Training as well as a 20 hours Gentle Movement course split over 4 days to include full practical training to deliver Move More Gentle Movement classes.

#### Disclosure Checks

Move More Dundee Gentle Movement lead volunteers will be required to undertake a PVG (protecting vulnerable groups) check. The purpose of this is to safeguard volunteers and service users from harm. The check involves completing a short form which you will be supported to fill in by the Macmillan Support Assistant. Having a criminal record will not automatically prevent you from volunteering. Rather, cases will be treated on an individual basis.

#### Who to contact?

If you are interested in the role, or would just like a bit more information please contact a member of the Move More Dundee team:

Simon Brady, Macmillan Development Officer on 01382 432407 or email [simon.brady@leisureandculturedundee.com](mailto:simon.brady@leisureandculturedundee.com).

Or

Rayna Rogowsky, The Macmillan Exercise Referral Coordinator on 01382 432259 or email [movemore@dundeecity.gcsx.gov.uk](mailto:movemore@dundeecity.gcsx.gov.uk)