

# WE NEED YOU!



## Volunteer Physical Activity Project Leader

**Fun and friendly club in Northampton providing social activities for adults with learning disabilities looking for new volunteers across multiple roles**

### Who we are

### Who you are

<p>We are a very well established and managed local charity. We have a great group of adult members with a wide range of learning disabilities, our own premises and many excellent high-quality resources.</p> <p>What we are desperately missing is our next generation of volunteers and leaders. Come and join us, have fun and experience the rewards.</p> <p>Seeing the smiles and joy, no matter how you measure the skills demonstrated, is immense</p>	<p>You will be enthusiastic about working with our community of members with learning disabilities encouraging them to be more active.</p> <p>Adults with a learning disability often do not take part in physical activities, to the detriment of their health and wellbeing. We ran a programme to encourage games and activities for as many people as possible prior to the Covid lockdown in 2020. We are keen to restart this programme with creative new ideas as well as more of the same.</p>
<p>The opportunities are flexible to suit you, from a minimum of a couple of hours per week to as much time as you can spare</p>	<p>We operate three clubs on Monday, Wednesday and Friday evenings. Ideally we would like to offer similar opportunities to members at all three clubs, we are flexible about how we might transfer the skills and knowledge you bring if attending all three nights is too great a commitment</p>
<p>You must be over 18, enthusiastic, happy to 'get stuck in', have a desire to give something back to the community, interested in trying something different but immensely rewarding. Willing to complete relevant DBS background checks and ongoing basic training and development</p>	<p>You will be enthusiastic about physical activity for fun and engaging people. You will help design and deliver interactive sessions for individuals or small groups</p>
<p>Some of the nicest people in your community you may have never met; warm, friendly and fully inclusive. We are seeking help to maintain and develop our extensive full range of activities, eg.; encouraging someone who might be non-verbal to complete a jigsaw puzzle, chatting in small groups about football or TV soaps, doing arts and crafts, developing confidence with IT equipment and the internet, playing games and physical activities such as dance or ball games, organising trips to the bowling alley or Christmas panto or other local clubs.</p>	<p>Many of our members demonstrate significant enthusiasm even if their technical skills or knowledge and application of rules of play are not quite text book. Other members are less enthusiastic but can gain great satisfaction from participation with some gentle encouragement.</p>

Further details please email [muriel@northamptonmencap.org.uk](mailto:muriel@northamptonmencap.org.uk) or call Muriel on 01604 874710 Monday-Thursday 9:00-12:00