

# Volunteer Role Profile



Volunteer Role	<b>Fitness Instructor Volunteer</b>
Volunteer Manager	<b>Volunteer Supervisor</b>
Where you will be based	<b>Community</b>

## Why we want you

Join our team of 600+ volunteers at Hestia. Volunteers are at the heart of everything that we do at Hestia, alongside the people we support.

We make a difference every day, helping people to live a life beyond crisis. The time you give as a volunteer will support more than 18,500 adults and children across London and the southeast. We couldn't do it without our volunteers.

Volunteering at Hestia is a vital part of our organisation with individuals from all walks of life sharing their experience, expertise, and knowledge. Get involved today with opportunities to learn, develop, and make a difference!

## What you will be doing

- To design session plans which will enable group members to increase fitness and their general well-being
- Able to recognise the needs of beginners and mixed age/ability groups
- Ensure that everyone taking part has completed a health and wellbeing form, which includes referring those with existing health issues to their GP
- Keep a record of attendees, provide feedback, and report any concerns to the staff team

## The skills you need

- A skilled and qualified Fitness Instructor
- Good communication skills
- Ability to provide a supportive, and inclusive atmosphere that encourages learning and participation
- Calm and patient approach
- Willing to participate in supervision and to liaise with Hestia staff as required

## What's in it for you

- Supporting You - You will have a dedicated volunteer supervisor to support you in your role; Quarterly volunteer forums with the central Volunteering team and volunteers across Hestia; References for job applications.
- Developing You - You will gain knowledge and insight into issues that

impact Domestic Abuse, Modern Slavery and Mental Health; You will have access to our extensive Learning and Development Programme; 40% of our departed volunteers secured a paid role at Hestia last year!

- Valuing You - We hold annual Volunteer Awards, outings, celebration, and social events for our volunteers to get together and have some fun; We reimburse travel expenses and up to £5 for lunch for your volunteering.

## **Disclaimer**

Hestia is proud to be a Disability Confident employer. Should you require our role pack in an alternative format or wish to discuss any reasonable adjustments you may need for your interview, please contact [volunteering@hestia.org](mailto:volunteering@hestia.org)

As part of the process of volunteering, all applicants will need to complete a DBS and references.

If you have any convictions/cautions, this does not mean that you cannot apply for any of our roles, however we do require a DBS for all positions. We ensure that all positive disclosures on DBS records are discussed with our volunteers and fairly assessed.