

# Volunteer Role Profile



Volunteer Role

**Martial Arts Instructor Volunteer - Female only**

Volunteer Manager

**Volunteer Supervisor**

Where you will be based

**Community**

## 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 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

- Coordinate and set up a weekly martial arts class for women and children
- Inspire and motivate women and children to take part in the sessions and take a role in planning/designing upcoming sessions
- Create a safe space for individuals to practice and learn new techniques through martial arts
- Encourage members of the group to connect and relate to each other through practicing together

## The skills you need

- Qualified to teach martial arts
- Good communication skills
- Ability to provide a supportive, and inclusive atmosphere that encourages participation
- Calm and patient approach
- Good sense of humour

## 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. Schedule 9 (1a) of the Equality Act 2010 applies to this position - (Only Female applicants please)