

Gym Induction Group Leader for Lewisham

Volunteering for Bromley and Lewisham Mencap is aimed at providing you with opportunities to:

- develop new skills
- build your confidence
- improve your local knowledge and connections.

Role Title: Gym Induction Group Leader for Lewisham (SE13)

Summary of Role: You will be accompanying a group of 10 adults with learning disabilities to a gym induction at the Lewisham Glass Mill Leisure Centre in September and October. You will be working closely with one or two Co-Leaders (a group member), who will be familiar with the participants.

Responsibilities:

- Attending one of the Lewisham Social Clubs to meet some of the members and familiarise yourself with the crowd ([more about the clubs here](#))
- Work closely with the Group Co-Leader and the Clubs Manager to verify attendance on the day and report after the activity
- Use a friendly and enthusiastic approach to encourage and motivate members to try some of the gym equipment and have fun
- Answer questions related to the gym, exercise or sports
- Communicate and collaborate with the gym staff in a friendly manner, to provide a fun and inclusive experience for the participants

Skills and experience:

- You have a positive and friendly attitude
- You are a clear communicator and you can express yourself in simple and straightforward language that gives members the confidence to engage with you and try new things
- An interest in physical exercise, sports or the gym so that you can share your enthusiasm for exercise with the members
- A good work ethic and an understanding that you are part of the team dedicated to improving life opportunities for disabled people
- Experience of or willingness to work with disabled people, neurodivergent people and people with a learning disability
- Comfortable repeating information

- Adaptability, flexibility and a hands-on approach. For example, you may be encouraging people to try the spin bikes by using one yourself and demonstrating the skill

Reporting to: Lewisham Clubs and Co-Production Manager

Location: Central Lewisham, Glass Mill Leisure Centre

Hours:

- Up to 8 hours for induction, onboarding and training
- 3 hours per event: 1hr preparation, 2hr for meeting and gym induction
- More fun and flexible opportunities available with the group

What to expect / benefits of the role:

- The recruitment process is thorough, and can lead to multiple similar volunteering opportunities and access to training
- Volunteering in this role will help you develop leadership, interpersonal communication and organisation skills
- You will be using your initiative and problem-solving skills, which will develop your confidence and ability to communicate and work flexibly with a diverse group
- You will be making a positive difference to the lives of others while gaining experience in lively, social-focused environments

How to apply: Please contact Clara Popa (Lewisham Clubs Manager) on clara.popa@bromleymencap.org.uk or 07932 002317 for more information.

All volunteer roles require references and a DBS check (depending on the nature of the role).

Volunteers will be provided with appropriate induction and training to perform their roles and will be allocated a named lead within Bromley and Lewisham Mencap.

New roles are subject to a probationary period in order to ensure that the volunteer has been allocated the most appropriate role and are performing in line with the standards expected by Bromley and Lewisham Mencap. The length of the probationary period will depend on the number of hours volunteered and will be agreed at the outset of volunteering.