

Volunteer Role Profile



Volunteer Role

Hospital Exercise Support 0523

Volunteer Manager

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Where you will be based

Hospital

Why we want you

We need you to support patients on the ward participating in exercise groups

What you will be doing

- Helping to arrange seating and tables to accommodate patients in a group setting
- Assisting in bringing patients to the group, either by pushing wheelchairs or supervising patients to walk to the dayroom (Therapy staff will identify which patients are safe and suitable for the volunteer to walk with).
- Assisting patients who may have difficulty following exercise instructions e.g. through poor eyesight, hearing or reduced cognition
- Work closely with the clinical staff and listen to their instructions and do not deviate
- Be aware of any patients that may need extra support or complain of pain or difficulty
- Assisting the therapy staff to hand out equipment to patients, e.g. Theraband, small hand weights
- Assisting the patients with correct exercise technique as guided by the therapy staff
- Talking to and encouraging patients
- Provide hot and cold drinks to patients when requested

The skills you need

- Self-motivated; with an ability to think on your feet and work independently
- Punctual and dependable
- Excellent communication and listening skills
- Interest in rehabilitation
- Able to take instructions from others
- Keen to motivate and help others

What's in it for you

- Learn new skills, become part of a team, make new friendships and help with career and employment opportunities, if applicable