

Community Exercise Volunteer – Falls Prevention

About this role:

Are you interested in working with individuals to improve their balance and minimise their risk of falls? An exciting opportunity has arisen for an enthusiastic and dedicated person to be part of the community-based volunteering team across Kingston Borough. Supporting people at risk of falls within the community to remain in their homes and support them with an exercise programme to help restore their health, wellbeing and independence.

You will work alongside physiotherapists carrying out functional assessments and interventions in order to help our patients live as independently as possible. These interventions may include progression of exercises and mobility assessments, assessments of activities of daily living and rehabilitation.

Physiotherapists will prescribe specific exercises tailored to each patient which you will practice with the patients at home for 8 weeks after the patient has been discharged from hospital. You will be an integral part of supporting patients to reduce barriers to get active such as finding activities that suit their budget or transport needs.

Tasks to be undertaken:

- Making visits to patients homes within the Kingston Borough (operational Mon-Thur, 10-4pm)
- Undertaking functional tests and reporting outcomes at the start and end of the 8 week intervention
- Delivering a physiotherapy prescribed exercise programme for 8 weeks per patient
- Writing brief reports and submitting these via the nhs.net email account
- Calling patients once a week to encourage patients to keep going and keep them motivated to reach their goals
- Provide information about local activities that will meet people's needs such as the Get Active exercise on referral programme, better bones or community exercise activities or healthy walks.

What we are looking for:

- Able to communicate clearly with others and build rapport
- Good at motivating and encouraging people to reach their goals
- An interest in health, wellbeing and fitness

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- An effective listener and to have empathy
- Polite, courteous and patient
- Able to be respectful of people with different backgrounds and preferences
- Able to maintain confidentiality
- Reliable, honest and punctual
- Able to respond to the needs of others
- A knowledge of the local Kingston area desirable (but not essential)
- Able to work independently with guidance and support
- Able to recognise own boundaries and the limitations of the role. We will support you to enhance the skills above.
- Willing to use own technology, e.g. password protected computer or laptop, to complete patient exercise logs and submit to the hospital on a weekly basis.

Essential requirement / commitment:

- Over 18 years of age
- All Community Exercise Volunteers will require an enhanced DBS check
- Commitment of at least 1-2 shift s/ approx. 3 hours per week for a minimum of 6 months . Monday to Thursday, 10am - 1pm or 1pm - 4pm
- Live, work or study within a 5 mile radius of Kingston Hospital
- Before you get started with your volunteering role, you will be invited to attend the Volunteer Induction event via MS Teams. This will give you a full insight into the basic things that you need to know before you start your volunteering journey at the trust. This training is mandatory.
- Participation in the training relevant to your role and confidential discussion of any reasonable adjustments required to meet your needs. We will have monthly meetings initially with all community volunteers to provide in service training and check in and chat.
- To live our values through your volunteering role at Kingston Hospital

How will I be supported and what will I gain from this opportunity?

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- Join an enthusiastic volunteering team of people who want to make a difference, just like you
- Being an integral member of the hospital physiotherapy team
- 121 support from project manager and clinical support from lead physiotherapist

- Learn new skills and develop existing skills.
- Bespoke training from our physiotherapy team.
- The experience can contribute to your personal development and confidence.
- You will be making an important contribution to your local community throughout your volunteering journey at the hospital.
- Invitation to 2 x annual awards to celebrate the support our volunteers give. An opportunity to meet other volunteers at the trust.
- Annual refresher training.
- A reference to support applications – please kindly note that this is only provided after our minimum commitment of 6 months has been met.
- Reimbursement of travel costs from home to the patients home, in line with our volunteering policy.

This role is for me, what next?

Please email khft.volunteering@nhs.net citing Community Exercise Application in the subject header. We will then get back to you to discuss the training and requirements for this role.

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