

Volunteer Role Description

Southern Health NHS Foundation Trust provides community health, including community hospitals, specialist mental health and learning disability services for people across the south of England. We employ around 6,000 staff and have in the region of 250 people volunteering for our services.

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| **Title:** | Balance class assistant |
| **About the role:** | The NHS balance classes run by Southern Health NHS Foundation Trust are intended for people age 65 years and above, who have a history of falls or who are deemed at high risk of falls. The programme runs weekly in a block of 12 sessions and it consists of evidence-based strength and balance exercises, as well as 30 minutes of health and wellbeing education in Falls prevention.  This is an excellent opportunity to gain practical and theoretical experience for someone who is thinking about a career in Health care, who already has an active interest in health and wellbeing or would just like to utilise their time helping other people. |
| **What you’ll do:** | You will be required to support the patients with exercises, under the guidance of the therapy staff.  Duties include:   * supervising and/or assisting the patient into the exercise room * escorting them out to their transport once class has finished * Preparing the room * Making hot drinks   Full training will be provided, however these duties can change depending on the location, which can be discussed with the therapy staff prior to commencing the programme. |
| **Where:** | Alton, Andover, Basingstoke, Chandlers Ford, Fordingbridge, Gosport, Havant, Hythe, Lymington, New Milton, Petersfield, Ringwood, Romsey & Totton. |
| **When:** | Timings depend on location, however each session can last up to two hours and you will be expected to turn up at least 15 minutes prior to the session. |
| **Duration:** | Each session can last up to two hours and you will be expected to turn up at least 15 minutes prior to the session. It is strongly advised that you commit to a particular block of classes for at least a few weeks, for continuity. |
| **Qualifications / Skills:** | We are looking for friendly volunteers with good communication skills and who enjoy helping other people, to assist our trained therapy staff. An adequate level of physical ability is essential as this will enable the patient to complete the exercises outlined during class. Good observation skills, to recognise different levels / abilities and support in a timely manner, are vital to this role.  No qualifications are required but an interest in working with the older population is essential. Additionally, a good sense of humour and patience is desirable. |
| **What you can expect:** | Fall Friends and Falls Champion training will be provided to establish an insight into the Falls prevention work we are currently doing as a Trust and to explain how concerning risk factors could increase someone’s likelihood of falls. You will also get basic training in the strength and balance exercises delivered during these sessions. |
| **The next steps:** | If you are interested, please complete the form on the volunteering section of the website.  If you wish to contact a member of the team, please use the contact details listed below.  Dominic Lodge – [Dominic.lodge@southernhealth.nhs.uk](mailto:Dominic.lodge@southernhealth.nhs.uk) 023 8087 4099  Louise Collier – [Louise.collier@southernhealth.nhs.uk](mailto:Louise.collier@southernhealth.nhs.uk) 023 8087 4305 |