

Group Exercise Instructor Volunteer

Carers Network are a non-for-profit charity that support over 5,300 unpaid carers across the London boroughs of Westminster, Hammersmith and Fulham and Kensington and Chelsea. Our vision is that every unpaid carer in that the areas which we operate is recognised and leads a fulfilling life with control over their caring role.

Social isolation, poor physical health and poorly controlled mental health are often the biggest challenges that carers face due to the demands of their caring role. These challenges have been exacerbated by the global covid-19 pandemic. Throughout the pandemic, Carers Network have overhauled our services and volunteer programme to deliver activities through Zoom as opposed to in the community.

As a qualified Personal Trainer, you will have a passion to make exercise enjoyable and fun for all, making a significant difference to the health and wellbeing of unpaid carers. You will provide a welcoming and safe exercise environment for our carers who have numerous underlying health conditions.

It is important that you can modify the class to cater for carers health needs This class will be delivered weekly. Ideally you will be able to commit to a minimum of two month. We plan to roll this activity out from end of March/April 2021 due to the sheer volume of new Zoom we will be running throughout the new year.

These classes will predominantly be done using body weight, however we can specify to carers that they may be required to have resistance bands, yoga mats and an exercise step if you require these or any other relatively inexpensive equipment for the sessions.

Join Carers Network for the chance to join a winning team, receive ongoing support, gain a workplace reference and make a considerable difference to the lives of unpaid carers!

The role:

- Facilitate a series of weekly hourly group exercise sessions to carers on Zoom
- Be able to alter sessions based upon the health needs of those who attend- some of our carers have long term underlying health conditions
- Create a fun, welcoming atmosphere where carers can relax and destress
- Work with the Volunteer Development Officer through assessing the participants PAR-Q medical disclaimers and discussing participants suitability to exercise if numerous health issues are evident
- Keeping tabs on attendance figures
- Ideally you will be able to commit for a minimum of two months. After eight weekly sessions have elapsed this can be reviewed.

Person specification:

- A level 3 Personal Trainer certification is essential
- A certification for teaching a class is desirable. If you do not possess this, we ask that you can demonstrate any experience you have of teaching group exercise classes
- You must have public liability insurance
- Enjoy working with people
- Be respectful of the varying health needs of those who attend
- Be patient and empathetic- many carers will have a poor level of physical fitness and varying health issues
- You will be a real motivator and a pro at making the group fun!
- An exercise referral instructor certification is desirable, but not essential. Please do demonstrate in your application how you have trained people with varying health needs and adjusted the session accordingly
- We welcome applications from black ethnic minority groups