



## Volunteer Activities Assistant

At YMCA MK we know the importance of physical and therapeutic activities in promoting mental wellbeing and self-esteem. Our activities timetable is packed with sports clubs and long-term projects such as marathons and mountain climbing. We also deliver cookery sessions and arts & crafts with our residents. We are looking for someone to support our staff to deliver the high-quality activities our residents deserve. There is no obligation to commit to both physical and therapeutic activities, you can support with the activities that fit your interests and skillset.

### Volunteer Qualities:

**Do you have a keen interest in physical or therapeutic activities?**

**Are you passionate about helping people reach their goals?**

**Do you want to challenge yourself with a unique client group?**

### What you can expect from us:

- The opportunity to be a part of a supportive and friendly team.
- An induction training course, covering the practices used by the YMCA MK when working with young people.

- Ongoing training tailored to your skillset.
- The opportunity to move into other volunteer roles and potentially paid work.
- To have some fun and feel a sense of job satisfaction as you build young people's confidence.

### What we expect from you:

- We understand volunteering needs to fit around your life, so please get in touch to discuss the time you are able to commit.
- We need volunteers who can uphold professional boundaries at all times.

### Duties and Responsibilities:

- Assist the Activities Lead in planning specific activities.
- Occasionally deliver the activity with support from staff.
- Ensure that the activity is conducted in a safe manner.
- Encourage residents to get involved!

You must be 18 or over to apply for this role.



**Here for young people  
Here for communities  
Here for you**

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.