



<p><b>Location:</b> Guru Nanak Wellbeing Centre Khalsa Avenue Gravesend Kent DA12 1LU</p>	<p><b>Role:</b> Wellbeing Centre Volunteer</p>
<p><b>Accountable to:</b> Wellbeing Centre Manager</p>	
<p><b>Time Commitment:</b> 2 -4 Hours Per Week Monday - Friday</p>	<p><b>Training:</b> To be provided  <b>Disclosure and Barring Service Check:</b> DBS required</p>
<p>Please Scan the QR code to complete the volunteer form</p>	

### Overview

The GNG Wellbeing Centre needs volunteers to help with the running of the Centre and supporting staff and users.

These are voluntary roles and carry no remuneration. However, they provide an opportunity to work in a team and gain experience of helping and supporting those who use the Centre to lead healthy, independent and active lives.

### Main Duties:

Help and support Sikh Elders who use the Centre by:

- Welcoming users and engaging with them to encourage participation in activities.
- Help organise activities as requested by the Centre Manager or Support Staff.
- Help keep the Centre tidy and clean ensuring areas are kept free of any health and safety hazards.
- Carry out other tasks which are within the capabilities of the Volunteer.
- Work as part of team to deliver activities which are designed to improve awareness of active and healthy lifestyles.

### Skills and Abilities needed:

- Good verbal and written communication skills.
- Have a friendly and approachable attitude, and be able to work as part of a team
- Willingness and flexibility in carrying our tasks as requested by the Centre Manager
- Good oral and written communication skills, including the ability to speak English and Punjabi.
- Reliability: A regular commitment in terms of hours to be worked.
- Willingness to undertake training relevant to the role and required to meet health and safety and safeguarding requirement.