



Do you have one or two hours to spare each week to make a real difference?

PosAbility is looking for volunteers to join our team

We are looking for volunteers to become part of the **PosAbility** team in our Ely venue.

What's involved? You can be involved in all of the activities below or just for the social hour.

- **Setting up and putting away equipment for the sessions with the team**
- **Meeting and greeting clients, assisting clients to get seated, chatting to the clients and making clients feel at home**
- **Joining in the various chair-based exercises and supporting clients to do the same.**
- **Enjoying the social half hour which can include delivering quizzes, other activities and encouraging conversations, making the tea, coffee and biscuits. Washing up afterwards! Coming up with new ideas for quizzes and games.**

We know from our current volunteers that this is a highly rewarding activity –. Full training and support will be given. The role would be particularly suitable for someone with who enjoys a caring role or has experience of people living with health conditions and recognises the importance of keeping independent and mobile.

If you are interested, please call Maggie Haverson on 01353 724915 or 07540 441878 or email your interest to maggiehaverson@gmail.com

(Please note that a DBS check is required)