



## Volunteer Opportunity - Swim Aid

<b>Role Title:</b>	Swim Aid
<b>Where:</b>	Swim Gym at our Lydbrook site or at a local pool
<b>When:</b>	Monday to Friday between 10 -4, times are flexible
<b>Commitment:</b>	Min of two hours per week
<b>Why We Want You:</b>	We want to help people who have learning disabilities access hydro therapy as often as possible. The more people we have available to help the more sessions we can offer to those who need them. Hydro therapy is a great way of helping to improve the lives of adults who have complex and multiple disabilities. A swim aid will support a person in the pool and help them to enjoy and get the most from their session, they may help out with pool games and support therapeutic exercise programmes.
<b>What's In It For You:</b>	The opportunity to meet new people and become part of a team dedicated to improving opportunities for those who have a learning and/or physical disability. It's a great way to learn new skills and get some experience; you can use your volunteering experiences on your CV.
<b>The Skills You Need:</b>	<p>To be good with people, confident, approachable and fun.</p> <p>To be physically fit and able to swim confidently</p> <p>To have excellent communication skills and a responsible and caring attitude.</p> <p>To have good eyesight and hearing</p> <p>To have good timekeeping skills</p> <p>To be willing to learn and undertake training</p> <p>To have a responsible approach</p>
<b>Notes:</b>	Any training necessary and background information will be provided if deemed necessary. A CRB check will be required, the cost will be met by The Orchard Trust.
<b>For more information, contact:</b>	<p>Tina Baker - Volunteer Co-ordinator</p> <p><a href="mailto:Tina.baker@orchard-trust.org.uk">Tina.baker@orchard-trust.org.uk</a></p> <p>01594 861137</p>