

Volunteer Role Profile



Volunteer Role	Movement for Memories Golf Buddy Volunteer
Volunteer Manager	Volunteer Manager
Where you will be based	Community

Why we want you

Accompany adults living with dementia around one of Edinburgh Leisure's golf courses, helping them to experience the game.

Are you a keen golfer with a warm manner, and an appreciation for the benefits of being active? Do you have an interest in improving the lives of those living with dementia?

We are looking for enthusiastic and caring people to join our friendly team of volunteers to accompany individuals with dementia around one of Edinburgh Leisure's golf courses.

As a Movement for Memories Golf Buddy, for 2 hours a week and a preferred minimum of 6 months, you will support an adult living with dementia to enjoy a round or two of golf. Volunteers say that they develop deeper connections within their communities, feel better physically, mentally, and emotionally; and are better able to manage health conditions such as stress.

Movement for Memories golf sessions take place at the following courses: • Portobello Golf Course • Carrick Knowe Golf Course • Craigentinny Golf Course • Wee Braids Golf Course • Silverknowes Golf Course

Rounds can take place any time between 10am – 4pm Monday-Sunday. We expect each round to last between 60 - 90 minutes depending on the ability and needs of the participant. We will work with you to determine which course(s), day(s) and times suit you best.

What you will be doing

- Meet the participant outside the main entrance at the golf course and provide them with a warm welcome.
- Support participants by either accompanying or playing round the course with them.
- Keep score for participants and guide them appropriately around the golf course.
- Remain aware of other golfers on the course and allow people to play through where appropriate.
- Provide the participant with support, encouragement and reassurance as

required.

- Complete Movement for Memories activity evaluation forms to enable us to support the participant and evaluate the programme.
- Provide information to the participant or carer, where appropriate, on other physical activity opportunities available.

The skills you need

- Open, warm, and friendly manner
- Effective communication skills
- Excellent time-keeping skills
- Willingness to undertake training required
- Reliability
- Caring approach
- Ability to work alongside others in a team
- Non-judgmental
- Self-awareness
- Ability to 'actively listen'

What's in it for you

- Gain new skills
- Give something back
- Good for your mental and physical health and wellbeing

Disclaimer

Your privacy is important to us.

Edinburgh Leisure is the Data Controller and we will only use your data to enable us to deliver and improve our service to you and process your payments. We will never sell your data and we will only keep it for as long as necessary to deliver our services and processes. Whether you choose to be contacted with marketing information or not we will continue to send you important operational issues. This can include class cancellations, venue closures or membership issues.

There's more detail in our privacy notice here:
<https://www.edinburghleisure.co.uk/data-protection>