

Active Programme FitLine Volunteer Mentor Role Description

Age & Opportunity is the national organisation working to enhance wellbeing for older people through participation in sport and physical activity, arts and creative engagement, personal development, community collaboration and active citizenship.

FitLine, one of our Active Programme initiatives, is a volunteer-led telephone-based motivation line that encourages older people to get more active. Participants are encouraged to introduce or increase physical activity in their daily lives with the aim over time of meeting the National guidelines on physical activity for older people. FitLine is designed to help people who want to feel a bit healthier but just don't have the motivation, confidence or information to get going.

When FitLine Mentor volunteers call participants, they discuss their life situation and preferences and help suggest ways for them to become more physically active. FitLine Mentors may share information with participants about what is available in their own communities e.g. clubs and facilities.

The role of a FitLine Mentor:

- To make regular calls (approximately two to three hours every fortnight) to registered participants who would like to start being more physically active;
- To be the voice of Age & Opportunity's FitLine initiative while providing information and gentle encouragement to participants to get active and to continue being active;
- To be warm, friendly and welcoming during calls to the participants;
- To have a good knowledge of the Age & Opportunity's Active Programme and be ready to share key information with the public;
- To complete a short form online after each call. (We will show you how to do this during your Induction training.);
- To bring any issues of concern (e.g. safeguarding issues) to the attention of the Active Programme FitLine Coordinator (or in her absence to the Active Programme Manager or Assistant Manager);
- To follow the procedures outlined in Age & Opportunity's Policies and Procedures Manual.
- To complete the module on Children First Training on the HSE website.

FitLine Mentors must:

- Have an interest in physical activity and overall health and wellbeing;
- Be able to make a time commitment of two to three hours per fortnight to make and record the calls to their allocated participants;

- Have capacity to work from home; including the use of a laptop or computer and internet access;
- Be available to attend FitLine Volunteer Mentor Induction training (2 x 3 hour sessions via zoom);
- Attend group supervision as part of the FitLine team of volunteers which takes place quarterly on Zoom;
- Complete Garda Vetting;
- Have good communication skills and a positive and empowering attitude towards older people.