

Volunteer Role Description: Good Vibrations



What is Good Vibrations?

Good Vibrations is a health and wellbeing programme aimed specifically at men aged 50 and over, providing information, tips, advice, and support with the intention of improving physical and mental health in the second half of life.

What will you be doing as a Good Vibrations volunteer?

- Be matched with a service user for 1-2-1 support, or attend Good Vibrations sessions (online or in person) to assist the Coordinator
- Aim to reduce loneliness and isolation, signpost to community support, and help build confidence for men in the Good Vibrations programme

What skills do you need to be a Good Vibrations volunteer?

- Reliable, friendly and approachable with excellent communication and listening skills
- Ability to work independently, using your own initiative but knowing when to ask for help
- Organisational and time management skills
- Ability to adhere to GDPR procedures/maintain confidentiality
- Desirable - IT and digital literacy skills to support service users looking for IT upskilling

When and where?

Timing is flexible but averaging 1-2 hours per week, with opportunities across Northern Ireland for both in person and online support.

What support does Age NI offer volunteers?

- A thorough induction and ongoing training
- A central point of contact (Good Vibrations Coordinator)
- 3 monthly supervisions and ongoing support
- Out of pocket expenses reimbursed

What will you gain?

- Fulfilment – feel good about making a positive, life changing difference
- Learn new skills and gain insight into the ageing process
- Gain social interaction and a chance to develop friendships
- Gain knowledge on available services and activities
- Boost your CV and increase your employability

Additional Information:

This role is only suitable for those 18 and over and requires an informal interview, Enhanced Access NI check and 2 satisfactory references

Ready to register?

Contact Nick Johns at Age NI - nick.johns@ageni.org or 028 9024 5729