

We're recruiting Home Exercise Volunteers

Make a real difference to someone's life by helping them to get moving and exercise in their home.

Home Exercise is our pilot project supporting the over 50s in Kingston to be more active at home. Our trained volunteers encourage people to exercise using the 'Good Boost' exercise app.

What will our volunteers do?

- Visit someone at home on a weekly basis (for a maximum of one hour) for up to 12 weeks**
- Support someone to follow a 20-minute personalised exercise session using the 'Good Boost' app on a tablet**
- Commit to regular training**
- Commit to a minimum of six months working on the project**

Accredited training on using the 'Good Boost' app and on supporting someone at home will be provided by Good Boost and Kingston Council, and you'll be supported by a volunteer coordinator as part of the team.

How do I get involved?

If you're interested in becoming a volunteer and making a difference to a person's mental and physical wellbeing, sign up by emailing home.exercise@kingston.gov.uk or phoning 0208 547 6336