

Swimming Sidekick Volunteer

Ilford, East London

The Volunteer Role

You will spend time with John, who is in his 50s and has a learning disability.

John loves taking the bus to the swimming pool in Barkingside on Tuesdays to go for a swim and grab lunch in the cafe. Usually he's accompanied by one of our team of support workers, but very few of them swim. So he'd love a volunteer to go with him, swim and go for lunch together.

John's a friendly chap who gets along with everyone, and he'd benefit from doing his favourite activity with a new friend. You don't even need to be a great swimmer-- you'll be sharing your interests and spending time together.

He does not need any help getting changed and showered, so he doesn't mind if he has a male or female volunteer.

About the team

We are a busy and caring team supporting several men in our house in Ilford for people with learning disabilities.

The people we support are a great group of wonderful, enthusiastic, and fun loving individuals.

When do I need to be available?

Visits will last around 2 hours.

Weekly or fortnightly, on Tuesdays.

Our house is in Ilford, east London, close to Goodmayes train station.

We ask for a minimum commitment of 6 months.



What skills do I need?

- Friendly and approachable
- Reliable and patient
- Interested in others
- Accepting of others who might be different to yourself
- Willing to volunteer within guidelines and to take direction where necessary
- Good communication and listening skills
- Aged 18 or over

What can I expect from Mencap?

- Training and induction
- To feel fully supported in your role
- Agreed out-of-pocket expenses to be reimbursed (e.g. travel)
- Meet new people
- Learn new skills
- Feel appreciated and valued

What difference will I make?

1.4 million people in the UK have a learning disability.

Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.

Volunteering with us is YOUR opportunity to help us achieve this, while having the chance to develop your skills, meet new people and join a passionate and dedicated team.

What happens next?

Once we have received your application, we will be in touch to see whether this role is a good match for your skills and experience and to discuss the role in more detail.

If you haven't heard from us after 2 weeks please email volunteering@mencap.org.uk

