

# MACMILLAN EAST REN GENTLE MOVEMENT VOLUNTEER

Would you like to do something amazing to help support people affected by cancer?

**Macmillan East Ren** is a brand new project offering gentle physical activity opportunities, information and support to people affected by cancer in East Renfrewshire. A cancer diagnosis and treatment can make people feel isolated and alone, with little energy and feeling low. Research shows that exercise can help recovery, improve symptoms and increase wellbeing.

We want to make sure that everyone affected by cancer in East Renfrewshire has access to appropriate physical activity opportunities and we need your help to achieve this. By choosing to join our **Move More** project as a Gentle Movement Volunteer, you can play a huge part in helping someone in their cancer journey.

## About the role

**Move More** is a programme of physical activity specifically designed for people affected by cancer. We're currently looking for volunteers to lead our Gentle Movement classes for people affected by cancer. Gentle Movement classes are based on elements of yoga, tai chi and chi gung. You'll receive full training and support to give you the skills needed to carry out this role. **You need to be 18 years old or over to apply for this opportunity.**

## Location, days and times

Classes will take place at the following venues and times:

Clarkston Halls: Tuesdays at 10-11.30

Other Venues in East Renfrewshire to be confirmed

## What we're looking for:

- Open, warm and friendly manner
- Interest in gentle exercise
- Able to lead a Gentle Movement exercise class (training will be given)
- Willingness to learn and undertake training as required
- Commitment to the role and reliability

## What we offer you:

- Make a real difference to people affected by cancer in your community
- Use and develop your skills, enhancing your CV
- Full training and regular support
- Meet new people
- Be part of a brand new project and help shape its development

For more information contact our volunteer Coordinator who will be happy to discuss the role in more detail and answer any questions. **Tel:** 07867441489 **Email:** [macmillan@ercultureandleisure.org](mailto:macmillan@ercultureandleisure.org)