



## MEN'S SPACE VOLUNTEER

### Introduction

Men's Space provides a range of groups, activities and events that give 50+ men a safe and secure space to enjoy more options in life as they grow older with men of a similar age and interests helping all live happier, healthier and more connected lives. Activities can range from yoga and IT courses to discussion groups, cultural visits and weekly sessions for carers. This is a volunteer role which would suit a confident, approachable man, with good people skills and an interest in enabling older men to meet new people, have fun together and feel part of a wider and more diverse community.

### Men's Space Volunteer Role

- Support and strengthen Open Age Men's Space groups, events and activities
- Provide information and support to members joining the Men's Space programme
- Identify new opportunities to develop the Men's Space programme in local communities

### Men's Space Volunteer Tasks include:

- Outreach and promote the Men's Space programme in local community venues
- Assist staff in setting up Men's Spaces and supporting group activities and events
- Provide basic IT support for men in activities who have difficulties using their devices
- Provide information and publications about upcoming Men's Space activities and events.
- Record Men's Space attendance and engagement in line with policies and procedures.

### Men's Space Volunteer Commitment

- Volunteering by negotiation but a minimum of one half-day a week
- To attend three Open Age volunteer team meetings a year.
- Feedback information on volunteering hours and tasks as necessary.

The Open Age Men's Space Volunteer is an unpaid, voluntary role, though any appropriate out-of-pocket expenses, including travel and subsistence will be reimbursed on production of the appropriate receipts. All volunteers will receive an induction to the organisation, relevant training in the volunteer role and a volunteering reference after an appropriate period of satisfactory volunteering.