



TAMESIDE SPORT & PHYSICAL ACTIVITY NETWORK

Name of service	Live Active
Volunteer opportunities within your service – please list roles and very brief duties to be carried out by the volunteer.	Live Active would like support delivering our community sessions, we aim to support with aging well through all our sessions being inclusive for all and able to provide sessions for older adults and those with ongoing health conditions. Our sessions provide a welcoming environment where the participants can have fun engage with likeminded individuals and improve their health where possible depending on the sessions, they choose to participate in. Our sessions include walks in the park, longer walks in more challenging areas, group activities which could include indoor Curling, bowls, social clubs with games and a space to talk plus more.
Where does it take place?	<ul style="list-style-type: none">- Activities take place at various locations around Tameside.
What does the volunteer need to do?	<ul style="list-style-type: none">- Volunteer will assist with sessions with potential to become a lead volunteer working independently with support from the community development officer.
Times/how often?	<ul style="list-style-type: none">- A minimum time of 1 hour per session would be needed, depending on session a time of up to 2 hours once per week unless you would like to be involved in more.
Any training provided?	<ul style="list-style-type: none">- All training for sessions will be provided where needed.