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# Volunteer Profile

## Cobham Link - Swimming Session Volunteer

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Cobham Link is based at Cobham Centre for the Community, running day services for adults with learning disabilities and autism.

As part of their programme of activities, the Link team run swimming sessions at a local swimming pool.

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### What does this role involve?

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- Helping Cobham Link staff to provide safe and enjoyable swimming sessions for adults with learning disabilities and autism
- Supporting staff and group members when in the pool. The members you will be swimming with will all be strong swimmers and have undergone a swimming assessment
- Ensuring group members are supported to swim safely and enjoy the physical exercise (we may need you to encourage members to swim further and build up their fitness over multiple sessions)
- The role does not involve any support with personal care and you will not be expected to assist non-swimmers or low ability swimmers

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### Where is this role based and when will I be needed?

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Cobham Link holds swimming sessions at either Elmbridge Xcel Leisure Complex in Walton or in Guildford. You can meet the swimming group at the pool for their session, or at the Cobham Centre for the Community where you can catch the minibus with the Link members.

You can support with both sessions or just one depending on your availability.

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### Who will I report to?

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There will be a Link Assistant running each session who will give you directions on how to support members.

The Link Manager is also available if you have any queries or concerns about your volunteering role.



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## Who would this role be suitable for?

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This role would be ideal for someone who:

- is calm, patient and enjoys working with people
- is a confident swimmer
- is looking to gain some experience working with adults with learning disabilities or autism

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## Are there any requirements for this role?

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No prior experience is required for this role, but some knowledge of the needs and challenges faced by people with learning disabilities and autism is desirable.

Sessions may be very active so volunteers have to be prepared for a busy morning/afternoon!

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## Will I have to do any training?

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No training is required for this role, and the Link Assistants will be on hand to offer any support you need during the sessions.

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## Will I need a DBS check?

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As this role means you will be working closely with vulnerable adults, an enhanced disclosure and barring service (DBS) check will be required. Our Volunteer Coordinator will support you with the necessary forms during your application.

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## This sounds like the role for me! How do I apply?

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If you've decided on a role that's right for you, you can contact our Volunteer Coordinator on 01372 474 552 or email [commservices@elbridge.gov.uk](mailto:commservices@elbridge.gov.uk).

They will then arrange a meeting with you to discuss what you would like to get out of the role and take you through the application and DBS process.

Please note that for all our volunteers we require two references, either from an employer or a character reference from someone who knows you.