



### **Volunteer Role Description**

**Title:** Health and Wellbeing

**Organisation:** Legacy West Midlands

### **Purpose: key tasks**

1. Supporting our staff with their health and wellbeing events.
2. Help support the Daily Mile Walks.
3. Assist with our workshops.

### **Key knowledge / skills / qualities / experiences required**

1. Leadership skills
2. Passionate about helping the community.
3. Potentially travel to different sites for events and workshops.

### **Time and level of commitment required**

Flexible

### **Place of volunteering**

Office- Soho House, Soho Ave, Birmingham B18 5LB and various sites around Handsworth.

### **Support and responsibility**

Dawn Carr (Director of Operations), Shamsun Choudhury (Women's Engagement Worker) and Mohammed Kalam (Housing and Sports Development Officer).

### **Additional information**

Do you enjoy helping out the local community? Legacy West Midlands believe in helping the community and improving their health and wellbeing. We host numerous Daily Mile walks across the parks in Handsworth, with Mile lines we got developed for the public. Not only that, we hold many different types of workshops to support the public and offer different ways for them to get healthier. These include cycling, badminton, yoga, Zumba and many more. That is why we'll need your support to aid our staff during these events.