



Role Title:	Sporting Memories Volunteer roles
Purpose:	Strathmore Community Rugby Trust and Strathmore Cricket Club are working in partnership to deliver Sporting Memories sessions throughout Forfar and Kirriemuir. The Sporting Memories sessions support a wide range of people aged 50-plus. They focus on bringing adults over 50 together to reduce isolation and loneliness, improve their mental wellbeing and help them become more active to live a healthier lifestyle. We have weekly and monthly clubs delivered at a variety of locations. At each session we deliver an on-topic reminiscing session followed by a light physical activity session to suit the abilities and interest of the group.
Suggested Activities:	<p>Club supporter</p> <ul style="list-style-type: none"> - Providing practical help at group meetings - Welcoming members as they arrive and being a friendly face - Making teas and coffees - Encouraging members to engage in conversations and activities - Befriending group members and supporting them to attend <p>Club resource maker</p> <ul style="list-style-type: none"> - Helping to research and create resources - Find and collate items of local or national sporting interest. - Develop relevant sporting resources for use within clubs and for one-to-one. - Work with our members and other volunteers to create resources relevant to our members interests <p>Club Reporter</p> <ul style="list-style-type: none"> - Helping to record and promote group activities - Collate information and stories from club members. <p>Club Guest</p> <ul style="list-style-type: none"> - Talk about your own personal sporting experiences - Provide history from a local sporting club - Bring along resources from sporting history in the local area
Requirements:	An enjoyment of being with people and supporting your local community. An interest in sport is great but not necessary as it's about facilitating conversations and creating a fun, sociable environment for older people
When and where:	We currently run sessions in Forfar and Kirriemuir on various days/ times.
What will the volunteer gain from this:	You will learn new and unique skills, through attending training sessions and while volunteering You will work as part of a small team – a great opportunity to meet and get to know new people
Named Contact:	Maggie Lawrie, Community Trust Manager coordinator@strathmoretrust.co.uk
Training Provided:	Volunteering training facilitated by Sporting Memories Foundation encouraged.
Recruitment Process:	Interested volunteers should email coordinator@strathmoretrust.co.uk with your name, why you feel you would be a good fit for the role by. For further information or an informal chat please contact Maggie Lawrie at the details above.