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Role description: Volunteer Sports Buddy

**Role Purpose:**

To support an individual recovering from mental health issues with their fitness goals, through regularly exercising or playing sports with them.

This involves attending a park, a sports centre or a swimming pool with a client, depending on the clients’ preference, usually on a weekly basis. The volunteer will then participate and/or lead the chosen activity.

During volunteering, you will be expected to:

* Work in accordance with Mind in Camden’s policies and procedures.
* Keep accurate records.
* Report to your supervisor.

**Skills and experience required:**

Volunteers should:

* Be physically fit.
* Have a very good general knowledge on physical fitness.
* Be able to participate or lead a sporting activity using a person-centred and friendly/fun approach.
* A non-judgmental approach to people.
* Basic literacy and very good communication skills.
* An acceptance of the need for supervision.

**Commitment:**

Mind in Camden requires that Sports Buddy Volunteers offer:

* At least 2 hours per week of volunteering.
* Minimum 6 months of service

**July 2014**