

## ROLE DESCRIPTION: VOLUNTEER SPORTS BUDDY

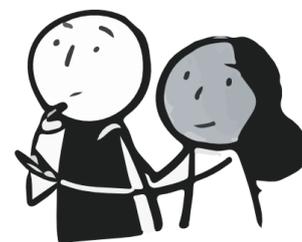


The Healthy Minds Community Programme helps Camden residents reconnect with the community through a range of free courses, workshops and activities. With events hosted by the likes of British Museum, Roundhouse, Triyoga and more, we offer participants new opportunities to get involved in Camden life.

As a Volunteer Sports Buddy, you'll work with individuals one-to-one, helping them identify barriers to exercise, choose activities aligned with their interests, set goals, and work toward improved wellbeing. You'll offer a number of individuals 6 sessions of focused support at intervals throughout the year.

### As a Volunteer Sports Buddy you will gain:

- Mental Health Awareness training
- Experience helping people with mental illness or distress
- Experience supporting people to identify and work toward fitness goals
- Experience working in a person-centred way within a recovery model
- The opportunity to participate in fitness activities with clients
- Connections to others interested in mental health and wellbeing
- Access to training and support to facilitate your development



### Skills and experience required:

- A keen interest in mental health and wellbeing
- Enthusiasm for sports and physical activity and an appreciation of its benefits for mental wellbeing
- An open-minded, non-judgemental approach to people
- Strong listening and communication skills
- Ability to work with people on a one-to-one basis
- Willingness to take part in training sessions
- Willingness to participate in team meetings

### Commitment required:

- 7 hours per week for a minimum of six months. \*We will ask for your availability at the training, however hours are flexible within the hours of 10-5 Monday-Friday

The Healthy Minds Community Programme is committed to recognising the hard work and dedication of our volunteers. Volunteer Sports Buddies meeting this minimum requirement will be eligible to use Mind in Camden as a reference for work and study applications.



### As a Volunteer Sports Buddy, you will:

- Keep detailed, accurate records
- have monthly supervisions with your supervisor
- Participate in team meetings
- Work to promote an ethos of hope and self-directed recovery
- Follow Mind in Camden's policies and procedures\*

\*Mind in Camden's Volunteer Handbook outlines the policies and procedures applicable to this role.