

ROLE DESCRIPTION: ACTIVE MENTOR

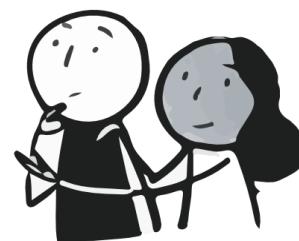


The Healthy Minds Community Programme helps Camden residents reconnect with the community through a range of free courses, workshops and activities. With events hosted by the likes of British Museum, Roundhouse, Triyoga and more, we offer participants new opportunities to get involved in Camden life.

As a Volunteer Active Mentor, you'll hold small group sessions to support members in engaging with physical activities. You'll help identify barriers to exercise, choose activities, set goals, and work toward improving wellbeing. You'll offer a block of 6 sessions of focused support through an activity of your choosing. This can be anything from walking to football and everything in between! You'll also have the option to support individuals one-to-one where necessary.

As a Volunteer Active Mentor you will:

- Receive Mental Health Awareness training
- Help people with mental illness or distress
- Support people in identifying and working toward increasing physical activity
- Experience working in a person-centred way within a recovery model
- Have the opportunity to participate in fitness activities with clients
- Access to training and support to facilitate your development



Skills and experience required:

- A keen interest in mental health and wellbeing
- Enthusiasm for physical activity and an awareness 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:

- Hours are flexible within the hours of 10-5 Monday-Thursday* for a minimum of six months.

**We will ask for your availability at the training.*

*The Healthy Minds Community Programme is committed to recognising the hard work and dedication of our volunteers. Volunteer Active Mentors 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 regular supervision 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.*