**Get Set to Go Peer Volunteer - Job Description**

**Voluntary**
ideally 3 hours a week and or supporting a 12-week programme of activity for 2 hours every week.

Get Set to Go volunteers, people just like you, use their experience to help others get active to look after their mental health.

We’d love to hear from you if you:

* have experience of mental health problems,
* understand how exercise helps improve your mood,
* get on with people from all walks of life
* want to gain new skills

**Main purpose of the role**

Peer volunteers can do an array of activities to support the project. One of the main ones is helping to support participants to join groups, or help them in their homes or community spaces to build up confidence to join groups. Or you may want to help with putting up posters, event organising or admin.

**You will work closely alongside the New Business Manager who is the Get Set to Go Co-ordinator.**

*Our Get Set to Go programme aims to improve the quality of life for anyone with a mental health problem through access to sport and physical activity in the local community. With support from Sport England and the National Lottery, Get Set to Go is proven to help overcome the barriers that some of us face when trying to get active for our physical and mental health.*

This role is outlined below:

**Peer Volunteer (PV)**

* Create a mutually helpful and supportive relationship between the PV (you) and participant that will be of benefit to both.
* Build the confidence of individuals by encouraging and motivating them to overcome any barriers to getting active and taking part in sport and physical activity.
* Support people to attend sport and physical activity sessions together in the community
* Work with Get Set to Go participants to help them achieve realistic goals and identify how they can stay active in the future.
* Support participants as they transition from the 12-week programme into mainstream community-based sessions.
* Encourage participants to consider their health and wellbeing more broadly, for example improving their diet, smoking cessation, sleep, hygiene and developing social networks that can benefit their mental wellbeing.
* Give information about local services that can offer support to participants with needs not related to sport and physical activity.
* Support the team as requested.
* Work within agreed boundaries.
* Be a positive role model.

Essential criteria:

* Experience of using physical activity to improve physical and/or mental wellbeing.
* Experience of a mental health problems, either personally or from a close relative or friend.
* Ability to communicate with both men and women of different ages and backgrounds in a friendly and supportive manner.
* Ability to provide positive feedback.
* Good time management skills and reliability.
* Ability to maintain professional boundaries and confidentiality.
* Open and non-judgemental attitude. Positive, patient and tolerant approach towards supporting people with mental health problems.

Desirable criteria:

* Experience of working with people with mental health problems.
* Experience of providing one-to-one or group-based peer support.
* Knowledge of the health benefits of physical activity.
* Knowledge of mental health problems.

Don’t worry if you think you don’t have everything on this list! We are here to talk to and we offer ongoing training for this role including Boundaries Training, Mental health First Aid, Communications (Connect 5) and more.

Contact ailsaeaglestone@bathmind.org.uk for more details.