

Sports

Role Title	Sports Group Support
Location of Position	The location will depend on where the group is taking place
Responsible to	Project Lead
Purpose/ summary of role	To provide a group sports activity for Mind users to take part in.
Description of tasks	<ul style="list-style-type: none"> • Liaise with project staff to promote the sports group • Assisting in media tasks • Help run the group • Keep a register of those who have attended and return to your Volunteer Mentor • Contact those who would like to take part in the group • There may be other activities depending on the need
Time commitment	A minimum of 2 to 3 hours per week covering a regular spot if possible. If you are able and would like to commit more time please put this on your form.
Qualities & Skills	<ul style="list-style-type: none"> • Reliable and encouraging when working with service users and other volunteers • Friendly and approachable • Good listening skills • Non-Judgemental • Organised and practical • Committed to confidentiality and appropriate boundaries • Good telephone manner • Confident to ask for help when needed • Empathetic, compassionate and understanding
Training & Support	<p>We offer a 'Welcome to Mind' volunteer induction, which includes topics such as communication, confidentiality and boundaries as well as Health and Safety. There will be opportunities to access further training.</p> <p>You will receive a welcome pack as well as induction documentation and training. You will also have a quarterly meeting with your volunteer mentor. The Volunteer Engagement Coordinator will also be available for regular support, advice and guidance. As well as giving regular organisational updates to you.</p> <p>Within your induction you will be asked to complete some online training modules as well as any further training for the role. You will also be required to get a DBS for the position but this will be done with the Volunteer Engagement Coordinator before you start volunteering with us.</p>

Reimbursement of Expenses	We can cover some of the expenses which you may incur while you are volunteering with us. Please ask for further details.
Benefits of being a Volunteer	Volunteering with Mind Havering, Barking & Dagenham can be a rewarding experience and a feeling of being able to do something for someone else, develop your skills, learn new skills and meet new people. It can also help you to gain a sense of pride and build your self-esteem, becoming more confident, widening your network and feeling valued by our staff and those who are accessing our services.
Volunteer Engagement Coordinator contact information	Volunteer Engagement Coordinator Harrow Lodge House, Harrow Lodge Park, Hornchurch Road, Hornchurch, Essex, RM11 1JU volunteering@haveringmind.org.uk