



Get Set to Go peer volunteer role description example

The role description below was created to help local Minds recruit volunteers for the Get Set to Go programme. Local Minds could adapt the content to fit with their programme and style.

What is Get Set to Go?

We're often told that it's good to be more active, but we understand that having a mental health problem can reduce our desire to get up and go, especially when we're not well.

Mind's Get Set to Go programme aims to remove barriers that prevent those of us with a mental health problem feeling more confident about getting active and developing the confidence to be active in your local community.

[Insert organisation's name] is one of the local Minds across England that will start providing Get Set to Go sessions this spring. The programme is being supported by Sport England and the National Lottery.

What will I be doing?

As a Peer Volunteer, you'll work with a range of people with mental health problems to participate in weekly sessions that focus on a particular sport or physical activity.

You will use your own experiences of mental health and physical activity to help participants feel more confident to be active, and use leisure and sports facilities in your community. For the most part you'll be working with people as part of a group, but there may be some people who need a little more one to one support. The relationship between the Peer Volunteer and participants is an equal one based on the principles of shared identity and mutual benefit.

You will also have opportunities to use your knowledge and experience as a Peer Volunteer to help us shape key aspects of the programme, which may include assisting with the production of training materials and the broader marketing and promotion of Get Set to Go.

What will I get in return?

In return for your time, [insert organisation's name] will provide full volunteer training and regular catch up sessions with staff and other volunteers to help you get the most out of your volunteering experience.

There will be opportunities to try out a range of different sports, develop leadership and communication skills by taking more of a lead in delivering sessions and, where available, the chance to gain sport related qualifications.

As a Peer Volunteer you will be expected to:

- Create a mutually helpful and supportive relationship between the Peer Volunteer and participant that will be of benefit to both.
- Build the confidence of people by encouraging and motivating them to overcome any barriers to getting active and taking part in sport.
- Work with participants to attend sport related 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.

- Encourage participants to consider their health and wellbeing more broadly, for example improving their diet, stopping smoking, sleep hygiene and developing social networks that can benefit their mental wellbeing.
- Share information about local services that can offer support to participants with needs not related to sport.
- Contribute to programme evaluation activities and support participants to do the same.
- Work within agreed boundaries.
- Be a positive role model.

As a volunteer of [insert organisation's name] you will also be asked to:

- Complete [insert organisation's name]'s volunteer induction programme and attend any other training necessary for the role.
- Attend regular supervision sessions and encourage your fellow volunteers.
- Provide feedback and attend relevant meetings (where able).
- Work in a professional, confidential and non-discriminatory manner at all times and promote equal opportunities for all.
- Work in accordance with [insert organisation's name]'s policies and procedures and maintain accurate records when required.

Disclosure: This role is subject to satisfactory references, Mind's policies on the Protection of Children and Young People and Vulnerable Adults and an Enhanced Disclosure and Barring Service (DBS) check and subsequent re-checks.

How much time do I need to commit?

Hours are flexible although we do ask that you attend a weekly group sport session.

What have existing volunteers said about the role?

“I have always been a caring person and Mind made me remember that I still had those gifts and wanted to use them. I naturally see the potential in others and hope to instil confidence and self-belief in them so that they can achieve too. Becoming a volunteer has shown that people have trust, faith and belief in me and this has made a massive difference to me, a huge difference, an incredible boost.”

Get Set to Go volunteer, Middlesbrough & Stockton Mind

“As a peer volunteer I really relish the opportunity to encourage others to take part in sporting activities. It's great to take an active part in the sport, but also very rewarding to provide encouragement and support to individuals, and through the weeks see their personalities and skills develop and shine too.”

Get Set to Go volunteer, Bath Mind

What knowledge and experience will I need?

To help you make your decision we have listed the experience, knowledge and qualities that will help you to make the most of the role in the table below. Some are felt to be essential and are marked with an **E** (essential), others are great to have, but you can develop as a Peer Volunteer and are marked with a **D** (desirable).

Don't worry if you don't already possess everything on the list: some will be included in the volunteer training and you will develop others as you gain experience in the role.

Criteria	Standard	E/D	Measure by
Qualification	None required.		
Experience	Experience of using physical activity to improve physical and/or mental wellbeing.	E	Application form/Interview
	Experience of a mental health problem, either personally or from a close relative or friend.	E	Interview
	Experience of working with people with mental health problems.	D	Application form/Interview
	Experience of providing one-to-one peer support.	D	Application form/Interview
	Experience of providing online or remote peer support.	D	Application form/Interview
Knowledge	Knowledge of the health benefits of physical activity.	E	Application form/Interview
	Knowledge of mental health problems.	D	Application form/Interview/Training
	Knowledge of behaviour change theory in supporting people to be more active.	D	Application form/Interview/Training

Criteria	Standard	E/D	Measure by
Skills	Ability to communicate with people of different gender identities, ages and backgrounds in a friendly and supportive manner.	E	Interview/Training
	Ability to provide effective positive feedback.	E	Interview/Training
	Good time management skills and reliability.	E	References/Training
	Ability to maintain professional boundaries and confidentiality.	E	References/Training
Attitude	Open and non-judgmental attitude.	E	Interview/Training
	Positive, patient and tolerant approach towards supporting people with mental health problems.	E	Interview/Training
	Positive approach to supporting fellow volunteers.	E	Interview/Training
	Commitment to [insert organisation's name] 's aims and objectives.	D	Interview/Training

Who do I need to contact if I have any questions?

If you have any questions or would like further information then please contact [\[insert contact details\]](#).

