

Get Set to Go volunteer recruitment advert example



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

Do you want to help people get active?

- We're seeking volunteers who can use their experiences to support people who want to be more physically active as part of our exciting [\[insert programme name\]](#).
- You don't need to be a health or fitness expert, but you will need to appreciate the health benefits of being active and enjoy and feel confident about using local sport and leisure services.
- You may have a mental health problem yourself – or understand the difficulties of starting something new if you have a mental health problem.
- We will provide full training and support. By volunteering you'll be learning valuable peer support skills while getting all the health benefits of being active too.

[\[Insert programme name\]](#) is all about removing the barriers to sport and physical activity that those of us with mental health problems can face. As a volunteer you might find yourself working with a small group of participants or providing one-to-one support to people who want to be active, but maybe lack confidence, or just don't know where to start.

We're looking for people based in [\[insert location\]](#) or the surrounding area. We'll train you to be one of our Peer Volunteers so you can work alongside our staff to support people joining the programme.

What you'll be doing:

- Building supportive relationships with people joining [\[insert programme name\]](#).
- Improving people's confidence by encouraging and motivating them to overcome any barriers to being active.
- Directly supporting people over a set period to attend their chosen activity so they feel confident using sport and leisure services when their [\[insert programme name\]](#) support ends.
- Helping participants find an activity that feels right for them but also helps them to meet their goals.
- Encouraging participants to consider their health and wellbeing more broadly and signposting them to information and services that can help people live healthier lives.
- Helping you to gather information that will help you demonstrate the impact of [\[insert programme name\]](#).

If you're interested in applying, or have any questions, we'd love to hear from you.

Please contact [\[insert contact details\]](#).