Volunteer case study template

|  |  |
| --- | --- |
| Introduction(max 100 words) | Please provide a little bit of information about you and your experience of physical activity and / or mental health.  |
| Case Study(max 500 words) | To develop the case study, please consider the following questions: * What were your reasons for wanting to volunteer?
* Why do you like volunteering? What is the specific support you receive from staff that you value the most?
* Did you have any reservations or challenges to overcome before you started volunteering on the programme? If so, how did you overcome them and what support did you receive?
* Have you taken on any other volunteering roles, developed skills or attained any qualifications as a result of volunteering on the programme? How have staff helped you to achieve this?
* What do you plan to do next?
 |
|  |  |
| Impact and next steps (max 200 words) | * What impact has volunteering had on you?
* What advice would you give other people thinking about volunteering on programmes like this one?
 |