Volunteer case study template

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| 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? | |
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| 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? | |