

## Thank you for your interest in becoming a Peer Volunteer (PV) for the Get set to GO project

### What will I be doing?

- Creating a mutually helpful and supportive relationship with the participant.
- Encouraging and motivating individuals to build their confidence and help them to overcome any barriers to getting active and taking part in sport and physical activity
- Supporting people to attend Sport and physical activity sessions together in the community, specifically within the designated geographical areas
- Working with Get set to GO participants to help them achieve realistic goals and identify how they can stay active in the future.
- Supporting participants as they transition from the 12 week programme into mainstream community based sessions.
- Encouraging participants to consider their health and wellbeing more broadly, for example improving their diet, smoking cessation, sleep hygiene and developing social networks that can benefit their mental wellbeing
- Providing information about local services that can offer support to participants with needs not related to sport and activity.
- Supporting the team as requested
- Working within agreed boundaries
- Being a positive role model to participants.

### What makes an ideal PV for the Get set to GO project?

Get Set to GO Volunteers will be self-motivated and keen to engage and motivate others. They will have some experience of using sport and physical activity to improve mental wellbeing either for themselves or in a supporting role for close friends or family. PV's will need to be reliable and have good time management skills. They will be open and non-judgemental with an ability to engage and connect with individuals from any background. It is important for them to have a positive attitude, to be patient, friendly and approachable using these personal skills to encourage and motivate others. Ideally PVs will have some experience of working with people who have poor mental health, and have previously provided peer support in a 1-1 or group setting. A PV will understand the importance of maintaining professional boundaries and confidentiality and will work within the agreed guidelines at all times.

The Get Set to GO project will require a regular commitment so the PV volunteer will need to be available for its duration in order to maintain continuity for participants.

### What training and support will Get Set to GO PVs receive?

The training provided is specific to this role but will cover professional boundaries, safeguarding and safety at work.