**Service name** West Sussex Mind

**Volunteer Running Group Leader (Worthing)**

This role involves coaching a running group for beginners, based on couch to 5k or similar programme. Supporting and encouraging West Sussex Mind Service Users to take up running, coaching them to complete a 12 week programme. This is part of a partnership with National Mind and Asics and participants in the first programme will get a voucher for free running shoes half way through the programme.

**What's involved**

Volunteering for a minimum of two hours a week to:

* Lead 12 week beginners running groups
* Support and encourage our service users to complete the programme
* Celebrate the achievements of the group at the end of the course and help us to signpost runners to park run and local running clubs to keep going
* Keep a register of attendance

**What we ask for**

* Have the Leadership in Running Fitness Qualification or willing to undertake this training (West Sussex Mind will cover the costs and we will also be employing a running coach to support the first 12 week course while undertaking the qualification)
* Have basic first aid training or be willing to undertake this training (West Sussex Mind will cover the costs)
* That you are able to inspire and motivate people
* That you are a confident communicator with good listening skills.
* Have an enthusiasm for working with people, enabling them to achieve personal goals and are committed to being part of the service on a regular basis.
* Understanding or lived experience of mental health needs desirable, this is not essential for the role.

**How we help our volunteers and benefits**

* Welcome you to West Sussex Mind with a package of training and information needed to carry out the role.
* You will meet new people, have the opportunity to learn new skills and take part in regular in-house training (also the opportunity to gain the leadership in running qualification mentioned above).
* We will reimburse pre-agreed expenses in line with West Sussex Mind’s policy.
* We will check-in regularly to ensure you are enjoying your volunteering role.

**Our Values**

* Open: we reach out to anyone who needs us
* Together: we're stronger in partnerships
* Responsive: we listen, we act
* Independent: we speak out fearlessly
* Unstoppable: we never give up
* Forward thinking: we innovate and develop

**Because the role involves working closely with vulnerable people, we need to take up two references and a Disclosure and Barring Service check.**

Agreed by: Volunteer name…………………………………………………………….

Date:………………………………………….