

Volunteer Vacancy – Physical Activity Leads

Volunteer Role: Physical Activity Leads
Day/Time: Friday 10.00 – 11.30am
Location: Starting at South Kent Mind, 24-26 Dover Road, Folkestone, CT20 1JQ
Reporting to: Volunteer Coordinator

Overview

South Kent Mind is looking for a volunteer who has experience in the fitness industry to lead our Stretch-Move-stretch sessions on a Friday morning.

If you would like to volunteer please complete a volunteer application form and send this to contact@southkentmind.org.uk

Key Responsibilities

- Setting an outdoors group sessions that incorporates stretches, body weight exercises, balance exercises, walking, running.
- Keeping a positive, encouraging mindset
- Ensuring health and safety at all times

Volunteer Requirements

- Reliable and committed to volunteering
- Someone with a flexible approach – able to make changes depending on numbers, the weather, the feeling of the group on the day.
- Happy to be outside
- Be an ambassador for mental health and South Kent Mind's support for the South Kent area

Benefits of volunteering

- 20% discount at all our stores
- Access to free online training
- Build confidence and social connections
- Know that your support is crucial in helping us continue to provide mental health support in the South Kent area.

About South Kent Mind

Mission We are dedicated to improving the lives of people with mental health challenges in South Kent.

Vision We want to see that everyone with a mental health problem in South Kent has somewhere to turn for advice and support

Values Person centered
Empowering
Partnership focused
Reflective
Sustainable
Championing a positive work culture