



## Gym Buddy Role Description for Brent Mind's Healthy Minds Project

### Healthy Minds at Brent Mind

The aim of the Healthy Minds project is to provide a wide variety of physical activities for people with mental health needs in Brent.

#### Who do we need?

We are looking for enthusiastic and committed members to provide peer support to fellow members who wish to attend the gym, and would benefit from additional encouragement and motivation from an experienced Healthy Minds member.

#### When do we need you?

Mondays from 10:00am to 12:00pm

Tuesdays from 10:00am to 12:00pm

Wednesdays from 11:00-1:00pm

#### Where do we need you?

Venue: Willesden Sports Centre

#### What do we need from you?

- To show new members the Sports centre facilities if needed
- To participate in the session
- To support a Healthy Minds member in the gym
- To enthuse and motivate members during the session
- To have effective communication and interpersonal skills
- To be approachable in manner and a good listener
- To be reliable and punctual
- To be a positive role model
- To wear the Healthy Minds T-shirt

#### You will receive:

- Healthy Minds T-shirt
- All out-of-pocket expenses paid
- Buddy and mental health awareness training
- Support from the Healthy Minds team
- References once buddying for 3 months

#### A Gym Buddy will not be expected:

- To lead/ instruct the gym session
- Be a personal trainer
- To create a personal training programme
- To assist members to change or carry out their personal care
- To manage any situation that should occur in the session
- To prescribe exercise
- To provide transport

Please note that this is not a job description. It is a means of outlining the role of buddies within The Healthy Minds Project.

**Please contact Healthy Minds Team on 0207 604 5177.**