



Welcome 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 Healthy Minds members to provide Healthy Minds inductions to new members. This will involve showing new members around Willesden Sports Centre and informing them of all they need to know for their chosen activity.

When do we need you?

Wednesday, Thursday, Friday.
30 minutes before the start of the activity

Where do we need you?

Venue: Willesden Sports Centre

What do we need from you?

- To welcome and show new members around Willesden Sports Centre
- To inform new members about their chosen activity
- To have effective communication and interpersonal skills
- To be approachable in manner
- To be reliable and punctual
- To be a positive role model
- To provide feedback to the Healthy Minds staff when necessary
- To wear the Healthy Minds T-shirt

You will receive:

- A Healthy Minds T-shirt
- Training on how to induct new members
- Buddy and mental health awareness training
- Support and guidance from the Healthy Minds team
- References once buddying for 3 months

A Welcome Buddy will not be expected:

- To assist members to change or carry out their personal care
- 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.