

| Role | Gym Support Volunteer |
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| Purpose | To support patients within rehab wards to access the newly installed gym equipment |
| Base | Stewart House - A rehabilitation inpatient unit providing care for patients who have severe and enduring mental illness. |
| Hours | Flexible, to include evenings and weekends if possible |
| Reports to | Ward Sister |
| Benefits of this volunteer activity | <ul style="list-style-type: none"> • Supports patients to develop their health, well-being and recovery • Opportunity to gain experience as well as new skills and knowledge • Opportunity to spend time doing something you can feel proud of |
| Key tasks | Tasks may include the following: <ul style="list-style-type: none"> • Supporting patients with gym equipment, alongside a member of staff • Offering advice as to how to use the equipment to its full potential • Supporting patients to feel confident • Helping to plan the gym timetable alongside other professionals to make the best use of the gym facility. |
| Exclusions | Volunteers are not expected to be involved in any of the following: <ul style="list-style-type: none"> • Managing aggressive or confrontational situations • First aid or attending to medical emergencies |
| Person Specification and Requirements | <ul style="list-style-type: none"> • Level 2 gym qualification as a minimum • Good communication skills • Willingness to help and work to time targets • Punctual and reliable • Enthusiasm for working with people and supporting them to improve their well-being and recovery • Commitment to uphold trust core values and NHS policies |
| Training and Support Needs | <ul style="list-style-type: none"> • Attend the Trust Induction (MSTeams) • Local induction and orientation • Core mandatory training • Any other training, as required <p>An enhanced DBS is required for this role. This is processed free of charge for volunteers</p> |
| COVID-19 Guidance | In line with current Government and Leicestershire Partnership Trust advice |