

Disability Sheffield Get Active Volunteer Healthy living and physical activity project

Aims of the Organisation/Service

Disability Sheffield aims to promote choice, control and independence for disabled people in Sheffield. The healthy living and physical activity project aim is to help improve access to physical activities for people with severe mental illness, learning disabilities and autistic people. These are some of the communities who experience the most barriers to accessing physical activities and we want to change that!

The project is piloting the Get Active scheme which recruits and trains volunteers to help overcome some of the barriers faced by disabled people to attending physical activities in the community. The barriers are often about travelling to the venue, being motivated to go, and overcoming the fear and anxiety of going to a new place.

Volunteer Role Description

As a 'Get Active' volunteer, your volunteering experience will vary depending on who you are matched with. Some people will need more support than others to get active.

The role includes:

- Meeting with the client at an agreed meeting point e.g. their home, bus stop.
- Attending a physical activity with the client for an agreed number of visits.
- Taking part in the activity with the client e.g. walking group, chairobics, zumba, allotment group etc (if necessary and appropriate).
- Travelling with the client to the venue e.g. using public transport or on foot.
- Supporting the client to settle into the activity and address any issues that may arise during the activity with the appropriate people.
- Supporting the client to ask the service they are using to help them continue to attend once the buddying has finished.
- Reporting back to the project coordinators on your experience.

Requirements;

- Attending training sessions with Disability Sheffield prior to being matched.
- A Disclosure and Barring Service check (DBS).
- Keeping to the boundaries of the role and following the project coordinator's instructions.
- Following all Disability Sheffield's policies and procedures.
- Participating in regular supervision (this can be conducted remotely if preferred) – normally every 6 weeks.
- Being available to commit to the role for a minimum of 6 months.
- Supporting the client once a week for an agreed number of sessions (approximately three, but this may vary depending on the needs of the person). The

commitment each week is likely to be at least 3 hours for each session as this includes travel with the person to and from the activity and your own travel time.

The role will **not** include:

- ✗ Providing personal care (e.g., help to go to the toilet, get dressed)
- ✗ Going inside a person's home
- ✗ Driving the person anywhere
- ✗ Going to other appointments or leisure activities with the person

Your Skills and Experience for this Role

- Good listening and communication skills
- A welcoming and positive approach
- Ability to work using own initiative
- Ability to travel Citywide using public transport
- Good interpersonal skills
- Proactive and forthcoming
- Willingness to learn
- A desire to support the work of Disability Sheffield
- Direct experience of disability is desirable but not essential
- You must be 18 or over to volunteer in this role

Benefits of Volunteering with Us

- Gain experience of supporting disabled people
- Knowledge of Disability Sheffield's work and disability issues at a local and national level
- Opportunity to become a member of Disability Sheffield and get involved in the work of the organisation
- Training in disability awareness, boundaries, confidentiality and safeguarding
- An inclusive and welcoming environment
- Expenses are paid
- Discover new areas of Sheffield
- Try new physical activities
- Meet with other volunteers regularly

We welcome applications from disabled people. We would particularly welcome applications from people who can speak community languages.

There is a selection process. If we do not feel this opportunity is right for you, we will try to signpost you to other opportunities if we can.

We are located at: The Circle, 33 Rockingham Lane Sheffield S1 4FW.
The volunteering could take part in any area of Sheffield!

Who to Contact for more Information about this role:

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