

## Gym Instructor Volunteer

**Purpose of volunteering role:** To support staff to offer gym sessions to adult inpatients at Dorothy Pattison Hospital in Walsall. Dorothy Pattison Hospital has two adult acute mental health inpatient wards. **This is a voluntary role which is unpaid.**

### The role

Dorothy Pattison Hospital in Walsall are looking for volunteers with a **Level 2 Gym Instructor qualification that is recognised by CIMPSA.**

Volunteers will support inpatients using the onsite gym facilities for 2 hour blocks of time, with sessions running 2-3 times per week. Volunteers could do one session or multiple sessions per week depending on their availability. Volunteers will be supported to facilitate sessions with staff supporting in the background.

We would like volunteers who are looking to volunteer for at least 6 months, due to recruitment processes and ensuring consistency for our patients.

We are looking for volunteers who have these qualities:

- **Essential: Level 2 Gym Instructor qualification**
- Desire to support people experiencing mental health problems
- Compassionate and encouraging
- Good communication skills.
- Punctual and reliable.
- Able to follow confidentiality policy and professional boundaries for their own safety and safety of the patients.
- Enthusiasm to help patients, and encourage positive actions to improve wellbeing.
- Ability to use some digital technology for training and communications – we can support you with this.
- Friendly and welcoming – able to speak with patients and build rapport
- Volunteers must be over 18 years old
- Volunteers must live within a reasonable travel distance to Black Country Healthcare sites such as Walsall, Wolverhampton, Sandwell and Dudley

Due to the nature of our work the volunteering roles is be subject to a Disclosure and Barring Service (DBS) check, through the Disclosure and Barring Service as stipulated under part V of the Police Act 1997. Having a criminal record will not necessarily bar you from volunteering with us; this will depend on the nature of the role and the circumstances of your offences.

### **How we can support you:**

- Travel expenses will be paid.
- Training and induction.
- One to one and group volunteer support meetings.
- We can provide a reference for future employment.
- Support you to learn new skills and gain experience.
- Create a plan together to meet your volunteering goals.

Want to apply?  
Get in touch:  
[bchft.volunteers@nhs.net](mailto:bchft.volunteers@nhs.net)  
07436021071

