

## Role Description

<b>Role</b>	Move More Buddy Volunteer
<b>Business Area</b>	Move More Jersey
<b>Location</b>	Community Based
<b>Responsible to</b>	Move More Operations Manager
<b>Level of Commitment</b>	<p>We ask that Move More Buddies commit to supporting for a minimum of <b>12 occasions per year</b>.</p> <p>We'll discuss your availability and time commitments at our initial informal interview but rest assured that any time you're able to give will be very much appreciated.</p>
<b>Inspiring an Active Jersey Vision</b>	Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.
<b>Inspiring an Active Jersey Mission</b>	<p>More active people for a healthier island.</p> <p>Jersey will increase the number of physically active islanders by 10% points by 2030.</p>
<b>Jersey Sport Background</b>	<p>Jersey Sport was formed in June 2017 as the independent body for the development of sport and active living in Jersey. Jersey Sport has launched the Inspiring an Active Jersey Strategy (IAJ), the vision of which is.</p> <p><b>“Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.”</b></p> <p>The mission is;</p> <p><b>“More active people for a healthier island. Jersey will increase physical activity by 10%, by 2030.”</b></p> <p>IAJ is a collaborative whole-systems approach to tackling inactivity in the island, advocating for a collective effort across government departments, corporate institutions and the volunteer and community sector.</p> <p>Jersey Sport is an independent organisation which receives an annual grant from the Government of Jersey to operate various sports and physical activity initiatives across the island. Jersey Sport is a lead agency for the delivery of IAJ.</p>

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**Move More  
Programmes  
Background**

The focus of our efforts is in engaging the less / least active within our community with opportunities to increase their activity levels and move their attitudes and behaviours towards healthier lifestyle choices re physical activity levels.

Move More programmes are diverse and numerous. Below is a brief summary of some of our programmes:

Volunteer Led Programmes:

- MMM Health Walks – we run 15 walks a week across the island, some as short as 10 minutes, up to walks over mixed terrain that take about an hour and a half.
- Breeze - is a cycling programme for female participants, with the focus of encouraging women in particular to cycle with a group and enjoy the physical, mental, and social benefits that come with this. Rides vary from beginner, introductory rides on shared use / cycle paths up to “Challenging” fast paced road rides.
- Guided Rides – a parallel programme to Breeze for both male and female cyclists to attend
- MM RunTogether – a new programme to help motivate and engage individuals who are new to running within a led group environment, and support them as they move from being potentially non-runners to

Staff Led Programmes:

- MM Referral – clients are referred to this 12 week service of behaviour change and instructor led classes when increasing their physical activity levels will improve their ongoing health condition
- MM Get Moving – programmes delivered in partnership with MIND Jersey to support clients efforts to adopt physically active lifestyles through engaging in physical activity sessions and structured discussions focussing on behaviour change
- MM Active Buggy Classes - designed to support post-natal clients return to / adopt physically active lifestyles through engaging in physical activity sessions and structured discussions focussing on behaviour change
- MM Ability – programmes designed for islanders who have a disability and may need additional support to engage in physical activity programmes. The sessions are delivered in partnership with other stake holders such as Jersey MENCAP and include walks, multi sport sessions, boccia and circuits.

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- Cycle Without Limits - The Cycle Without Limits Centre is home to a range of adapted bikes that allow adults and children with disabilities or mobility issues to enjoy riding in a safe, outdoor space

Many of our clients and participants do not need support to engage with our programmes, however, for a variety of reasons some clients would benefit hugely from a friendly face supporting their efforts to engage.

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### **Move More Buddy Volunteer Roles**

The Buddy Volunteer role includes:

- Understanding and adhering to Risk Assessments and agreed Standard Operating Procedures
- Meet, greet and welcome participants and helping put them at ease.
- Supporting staff members and other volunteers as they work with participants.
- Some administrative tasks as demmed by session volunteers (e.g. completing registers / registration forms)
- Reporting as / if necessary
- Providing general assistance to the session leader to support the smooth running of sessions

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### **Skills Required for the role**

- Confidence to meet individuals and groups of clients.
- Ability to befriend and help put people at ease in contexts that may be new or challenging to them.
- Discretion and respect of confidentiality and boundaries
- Enthusiasm and encouragement
- Approachability and friendliness
- Great interpersonal and communication skills
- Honesty and integrity
- Understanding of Safeguarding and it's outworking.
- Patience and an inclusive approach to engagement
- Reliability and punctuality
- Understanding of the Move More initiative

**Agreement to undertake the following if not already in place (Jersey Sport will provide relevant training at no cost to the volunteer):**

- Adult Safeguarding Course (and children's course if involved in family programmes)
- Move More Volunteer Induction
- A DBS check

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### **What's in it for me?**

As one of our valued volunteers, we will offer you:

- The chance to develop your skills and gain experience.
- Support within your role
- The opportunity to take part in training (at no financial cost to you)
- The chance to make a difference to the lives of people; physical, social and mental wellbeing.

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- The opportunity to meet new people and feel more connected to your community.
  - Ongoing support help and assistance.
  - A lot of appreciation
  - The opportunity to meet new people and feel more connected to your community.
  - Help making our vision of a healthier and more active island a reality!
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