

uea+sport Active Campus Wellbeing Ambassador

Volunteer Description & Person Specification

Volunteer Title	uea+sport Active Campus Wellbeing Ambassador
Liaison with:	uea+sport department, UEA Student Support Services, UEA Student Union & Sportspark
Report to:	uea+sport Student Sport and Physical Activity Development Coordinators
Purpose of volunteer position:	<p>Uea+sport wants to utilise the power of physical activity to improve the mental health of the most inactive students at UEA. The main objective is for students to take part in a range of our Active Campus initiatives to improve their wellbeing by becoming more active and healthy.</p> <p>The particular focus for this volunteering role is to assist the uea+sport department in the planning, promotion, delivery and evaluation of their Active Campus initiatives with the overarching aim of improving student wellbeing. You have a choice of getting involved with any or all (if you so wish) of the following activities:</p> <p>Navigate Norfolk (Explore Norfolk, Cycle Safety, Dog Walking), UEA+Moves (physical activity tracking app), physical activity referral scheme, waymarked campus trails, social leagues and tournaments and exam de-stressor activities</p>
Key Responsibilities:	<ul style="list-style-type: none"> • To assist with the organisation, delivery and evaluation of all (or specific) Active Campus programme activities. • Gather appropriate insight and feedback on programmes to enable effective reporting, monitoring and evaluation of activities. • Act as a 'Buddy' on the uea+sport physical activity referral scheme and accompany participants to sessions • Also act as an 'SU Buddy' to assist with promoting the Active Campus programme to any students on the scheme (organised and delivered by UEA SU). • Attend University face to face promotional events (if possible during COVID restrictions) • Attend all relevant uea+sport and uea(su) training
Commitment Required	<ul style="list-style-type: none"> • Flexible – uea+sport will work with the volunteers to understand how many hours they are willing to commit and when. In addition participants will have the ability to assist on an Active Campus initiative of their choice or a range of them if they wish. • Required between 21st September until 11th June 2021 (flexible working available).
Competencies / Experience / attributes required	<ul style="list-style-type: none"> • Passion for engaging inactive students to become physically active. • Desire to improve student mental health and wellbeing. • Good planning, organisational and communication skills. • Understanding of mental health disorders, (training will be provided). • Understanding of the benefits physical activity can have on improving mental health amongst students, training will be provided. • Good administration skills. • Good level of IT skills (Microsoft Office efficient). • Knowledge of uea+sport provision. • Ability to self-motivate and work autonomously.

	<ul style="list-style-type: none">• Professional approach to work.
Qualifications/ requirements	<ul style="list-style-type: none">• Current UEA student• First Aid qualifications (desirable but not essential).
Remuneration	<ul style="list-style-type: none">• uea+sport uniform and enrolment on the uea+sport volunteer academy which provides a programme of continual professional development opportunities.• Free uea+sport volunteer academy kit/uniform• Free attendance at mental health first aid training workshop (run be UEA SSS)