

Football Session Helper Volunteer

Could you help with the smooth running of our therapeutic football sessions and grassroots football team?

West London NHS Trust is one of the most diverse providers of mental health, community and social care in the UK.

Our football for wellbeing hub provides a safe, inclusive and wellbeing space in the community to improve mental and physical health. Our initiative won the Capital Clinical Support Work award in Innovation of the year category, and we are hoping to grow it further to a national level.

As Football Session Helper Volunteer you will help the Hub's lead with facilitation including pre and after-sessions tasks, some admin work and delivery of exciting football sessions. We are currently seeking applications from women only to support our newly launched women only football sessions in Shepherd's Bush and our Saturday women only football league in Paddington.

This role is supporting our **Living Well** volunteering priority: helping people prevent ill health, manage long-term conditions and stay independent, reducing pressure on health and care services.

To be successful for the role, the following is required :

- Completed online volunteering application form
- An informal volunteering interview
- X 2 references
- A standard DBS check
- Completion of core West London NHS Trust training
- Completion of the Football for Wellbeing training programme and pass its assessment
- Completion of the FA recommended training relevant to the volunteering role

What does the role involve?

- Help the facilitator/s to check the pitch, identifying any hazards and making sure it is safe for the players to play in
- Helping in creating a safe, inclusive and friendly environment for attendees to enjoy their football session
- Football sessions or the league's admin work
- Help our attendees to fill in their answers to a questioner at the beginning and collecting their feedback at the end
- Help the West London NHS Trust Peers Football Club's manager and its football team as a football coach, coach assistant, secretary or first aider.
- Adherence to the relevant policies and procedures of the Trust, including Infection control, Health and Safety, Safeguarding, Equality and Diversity, Data Protection and Confidentiality policies

Exclusions:

Volunteers are not expected to be involved in any of the following:

- Clinical or medical treatments of any kind
- Psychological interventions

What skills and qualities do you need?

West London NHS Trust is committed to equal opportunities and welcomes applications from all sections of the community.

- We are currently seeking women-only volunteer applicants to support our women's-only football sessions and our women only Saturday 5-side league
- Be reliable, committed and punctual
- Experience as a grassroots level football player or coach assistant or EE playmaker coaching qualification or coaching disabled footballers' qualification, first aider or secretary role experience
- An awareness and understanding of football laws and FA code of conduct
- Ability to connect with our football players professionally, promoting Wellbeing, respect within a friendly, inclusive and supportive approach
- Excellent communication and interpersonal skills
- An understanding of football, its respect culture and FA code of conduct
- Able to work as part of a team
- Able to complete tasks effectively and efficiently
- Committed to uphold [Trust core values](#) (**Togetherness, Responsibility, Excellence, Caring**) and NHS policies

This role outline is binding in honour only, and is not intended to be legally binding

What we can offer you

- A full induction including support to access the FA free training
- Access to higher level funded training such as FA Level1 football coaching or referee training
- On-going support, guidance and supervision from a member of staff (Individual supervision and volunteers team group regular supervision meeting in an VIP-Room at QPR FC stadium).
- The opportunity to develop your personal, professional and football coaching skills
- The opportunity to get involved in other areas of The Trust's work, including NHS careers
- The opportunity to contribute to our mission

Time commitment

There is an expected minimum four hours a week commitment on Wednesdays and Saturdays afternoon for at least six months for this role.

Please note the table below for the times and days volunteers are needed.

	Morning	Afternoon	Evenings	Nights
Monday				
Tuesday				
Wednesday		X (Shepherd's Bush)		
Thursday				
Friday				
Saturday		X (Paddington)		
Sunday				

Number of volunteers needed

We will need two female volunteer(s) for this role!

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Facility grounds addresses

1. **Football sessions:** Wednesdays 14:30 to 16:30 plus 2 hours admin work – Powerleague, Shepherd's Bush
2. **Football league:** Saturdays 12:00 to 14:00 plus 2 hours admin work – Amberly pitch, Paddington

'West London NHS Trust is committed to safeguarding all children and vulnerable adults and expects all staff and volunteers to share this commitment.'