

“I have no doubt that this has been the singular most effective mental health project I’ve seen in my 30 years as a social worker.”

Assistant Sport Volunteer

About Us

Sporting Recovery provides an exercise programme to assist adults on their recovery journey. The uniqueness of our programme is that we combine a range of team and individual sporting activities and nutritional / lifestyle advice along with the opportunity for clients to gain nationally recognised qualifications. We support clients on their recovery pathway back into their communities. Our recovery model for mental wellness gives clients structure and promotes social interaction and peer group support.

This innovative community-based service is focused on adults with complex care requirements who often have concerning co-morbidity problems (e.g. illicit substance misuse and/or offending behaviour) and have difficulties accessing, trusting and re-engaging.

If you provide a safe, friendly and fun environment you can engage these hard to reach adults. First, treat them like regular people with the same desires to enjoy and succeed in their chosen sport/exercise.

About the Role

We are looking for volunteers to help deliver in our sports programme to individuals who aged 18+ from the following groups:

- Adults who have experienced mental illness
- Adults with history of substance misuses
- Ex offenders
- Long term unemployed
- Adults who would benefit from increasing their and social activity

The uniqueness of our programmes is that we integrate sports, nutritional advice and education into an accessible form. This is an opportunity for the right person to assist

qualified coaches with a range of sports activities from Basketball, Football, Short Tennis to Non-Contact Boxing and Dance.

You can gain experience working both one to one and in groups with the adults on their recovery. Help to motivate and assist them on their journey.

Volunteers will be required on Wednesday 11:30 - 4pm and/or every other Thursday 10:45 - 2pm

What we are looking for?

We are looking for someone:

- over 18s
- who has an interest in sports or exercise
- interest in working with adults of all ages
- is happy to assist a qualified coach in delivering a range of sporting activities.
- no experience or qualifications required

Benefits and other information

1. Volunteers will be required Wednesday 11:30 - 4pm and/or every other Thursday 10:45 - 2pm
2. On the job training and induction
3. Opportunity to develop coaching qualifications
4. Gain experience that can enhance their own employment
5. Perform a valued role within our programme
6. All travel expenses reimbursed to the value of a London Travel card and free lunch provided

You are more than welcome to visit one of our programmes to see if it is for you!