



**Sports Buddy Sutton**

A project from



**Volunteer Centre Sutton**

Market House, 216-220 High Street  
Sutton  
Surrey SM1 1NU

**Telephone:** 020 8661 5900

**Email:** sportsbuddying@vcsutton.org.uk

[www.vcsutton.org.uk](http://www.vcsutton.org.uk)

**Sports Buddy Volunteer Role Description**

<b>Role title: Sports Buddy Volunteer</b>		<b>Responsible to: Sports Buddy Coordinator</b>
Organisation	Sports Buddy Sutton, a project from Volunteer Centre Sutton	
Role:	As a Volunteer Sports Buddy, you'll work with an individual one-to-one who has a physical or learning disability or autism, helping them identify barriers to exercise, choose activities aligned with their interests, set goals and work towards improved wellbeing.	
Location:	Within the London Borough of Sutton. This can be on Zoom if another Lockdown occurs.	
Time Commitment:	1 – 3 hours per session for a minimum of 12 sessions but the hope is that you will continue to befriend your buddy after this on a more informal, friendship basis. There is flexibility when and how often these sessions occur, to best suit you and your buddy.	
Responsibilities	<ul style="list-style-type: none"> <li>• To complete the Sports Buddying training</li> <li>• To accompany, motivate and encourage an individual with a disability or person with autism to support them in achieving their personal fitness and skill aims</li> <li>• To help break down barriers to sport participation for people with disabilities and/or autism such as access and communication</li> <li>• To complete a buddying record sheet after each visit and keep in contact with your Coordinator</li> <li>• To uphold Volunteer Centre Sutton's core principles, vision, culture and values and abide by the policies and procedures as per our volunteer handbook</li> </ul>	
Qualities and Skills required:	<ul style="list-style-type: none"> <li>• To be over 18 years old</li> <li>• Have an interest in sport, health and fitness</li> <li>• To have a positive, non-judgemental attitude towards people with disabilities and neurodiversity</li> <li>• Ability to work with people on a one-to-one basis</li> <li>• Enthusiastic, reliable and motivational</li> </ul>	





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	<ul style="list-style-type: none"> <li>• Patience and a warm and friendly attitude</li> <li>• Strong communication and interpersonal skills</li> <li>• Ability to keep sensitive personal information confidential</li> <li>• Committed to equal opportunities</li> <li>• To be able to complete meeting record sheets and complete expenses paperwork</li> </ul>
Buddies will not be expected to:	<ul style="list-style-type: none"> <li>• Physically lift users</li> <li>• Assist with changing or personal care</li> <li>• Assist with or administer medication</li> <li>• Pay towards activities</li> </ul>
What you will gain from the role:	<ul style="list-style-type: none"> <li>• Relevant training and support from your Sports Buddy Coordinator</li> <li>• Reimbursement of agreed out of pocket expenses</li> <li>• The opportunity to participate in fitness activities with your buddy</li> <li>• The opportunity to learn new skills and learn more about disabilities and autism</li> <li>• The opportunity to make a difference to the lives of local people with disabilities or autism</li> </ul>
Driving license requirements	A driving licence is beneficial although not essential
Any other requirements:	Due to the vulnerable nature of the people we support you will need to undergo an interview, prove two references and documentation to prove your identity as well as training and supervision. Further details will be discussed with you at interview.

