

Want to help people in your community become more active? Good Move is recruiting volunteer Motivators.

What is Good Move ?

Good Move offer a wide range of activities across Glasgow. Activities are designed to get people more active at their own pace whilst having fun and meeting new friends. People of all ages, abilities and circumstance are welcome to join any of the Good Move activities that best suit their needs.

Helpful and supportive advisors, coaches and volunteers are on hand to ensure everyone is safe and they enjoy our activities.

What would being a volunteer Motivator involve?

We are recruiting volunteers to help spread the word about our activities. Volunteers can decide how to get involved; choosing to help with one OR all of the following tasks in your local area;

- ✔ Host information stands at events
- ✔ Distribute flyers and posters
- ✔ Speak to local groups.
- ✔ Introduce us to your local networks

Who can volunteer as a Motivator?

Volunteer Motivators are people like you who know first-hand the benefits of being active and want to help others access activities in their local area.

How much time would I have to commit?

- ✔ Approx. 4 hours per month, you can volunteer more if it suits you

Why Volunteer?

- ✔ Make a positive impact to your local community
- ✔ Meet new friends & do something meaningful with your time
- ✔ Gain valuable skills and experience

Training:

- ✔ All Motivators are asked to attend a 1 day training course

Volunteers can also expect to benefit from the following;

- ✔ Full support and training provided
- ✔ Reasonable out of pocket expenses will be reimbursed
- ✔ References for people volunteering 6 months +
- ✔ Regular social events with Good Move and Glasgow Life

Skills and experience we are looking for;

- ✔ Over 18
- ✔ Willingness to support others
- ✔ Non-judgmental, open and empathetic
- ✔ Good communication and listening skills
- ✔ Awareness of the benefits of a healthy lifestyle

Sounds good, how do I get involved?

We know your time is precious so we want to make the process as simple as possible while also ensuring we place the right volunteers in the right role.

- ✔ Call our friendly Good Move staff on 0141 287 4681 staff will take some basic details and arrange to meet for a cuppa and discuss the role in person with you.

OR

- ✔ Register/Log in to Glasgow Sport Volunteer Bureau www.volunteer.glasgowlife.org.uk search for Good Move Motivator click on Apply. On receipt of your online application staff will be in touch to arrange to meet for a cuppa and discuss the role in person with you.
- ✔ If you are successful in your application staff will book you onto relevant training and organise an induction.
- ✔ Next training takes place 11th June 2016, Glasgow City Centre



“Good Move classes are great. At 81 they give me the energy I need to keep up with my great grand kids.” **Alec 81, Pollokshields**

Good Move contact details

Call 0300 343 0400 Website: www.goodmoveglasgow.com