



## **Climbing Assistant - Role Description**

### **Outline of the role (summary)**

The climbing assistant volunteer role is a practical role that focuses on supporting participants at climbing groups.

The climbing project is based at The Climbing Academy (TCA) Prop Store in Maryhill and the groups are led by TCA's professional instructors and are supported by Common Wheel's Climbing Coordinator and a volunteer.

### **What activities will I be involved in?/What will I be doing?**

- Supporting the coordinator at sessions.
- Interacting with participants and assisting them in climbing.
- Supporting newer members since participants have a variety of climbing experience.
- Helping to create an environment in line with Common Wheel's values of care, equality, positivity and partnership.

### **What are my responsibilities?**

You will be required to:

- Be reliable in attending your sessions.
- Conform to all relevant Common Wheel Policies and Procedures and undertake health and safety duties and responsibilities appropriate to the role.
- Carry out any training that may be required for the role.
- Read, acknowledge and volunteer in accordance with Common Wheel's Volunteer Handbook.

### **What skills and abilities will I need to have?**

- An interest in supporting people who have a mental illness in their recovery and development.
- A degree of confidence to interact with our participants.
- Good communication skills.
- It is important that you protect the dignity and privacy of the individuals and volunteer sensitively and with discretion.
- You should be patient in the delivery of activities and non-judgmental, open and accepting.
- We are looking for an enthusiastic climber with some climbing experience. This includes competence to safely boulder, put on a harness, use auto-belays and belay using a top-rope. No particular grade of climbing is required.
- It is important you have the ability to work reliably and as part of a team and have a willingness to follow guidelines regarding health and safety, equal opportunities, boundaries and confidentiality.

### **When will I be required?**

- We currently run groups on a Monday and a Thursday. The sessions are an hour to an hour and half long and normally run sometime between 12-4pm.
- As we are building up a bank of volunteers, we don't know how many sessions we will be able to offer. However, all our volunteers will do a taster session so that they understand how they group runs.

### **Where is the opportunity based?**

The Climbing Academy's Prop Store in Maryhill

### **What ongoing support and guidance will I receive?**

A member of staff will be available at all times during the climbing group. You will also have regular meetings with the Participation and Volunteering Coordinator to discuss how your volunteering is going and they will provide support and guidance.

### **What are the benefits to me?**

- A rewarding experience of volunteering in a community organisation.
- Experience of working with people experiencing mental illness.
- Experience of supporting people in a sporting environment.
- The opportunity to learn new skills and meet a variety of new people.
- The ability to build confidence and self-esteem in a new environment.
- Relevant training and support for working with people who have a mental illness.
- Opportunities to gain experience and add to your CV.

### **What are the benefits to Common Wheel?**

- You will be helping in delivering our mission to “improve mental wellbeing, increase skills and reduce isolation through the provision of supported, meaningful activities for people with mental illness and dementia.”
- You will be supporting the staff who currently work with the climbing project.
- You will help raise awareness of Common Wheel's work.
- You will bring your own unique personality to the climbing group and help create a better experience for all.

### **What else should I know?**

- This role requires membership of the PVG scheme. There is a simple form to complete and we will assist you with this. You may already have a PVG form – if so you will only need to complete an update form. The process won't cost you anything and we will assess each applicant on an individual basis.
- We will pay your out-of-pocket expenses in line with Common Wheel's volunteer expenses policy.
- All entry fees to The Climbing Academy's Prop Store will be covered.

### **How do I apply?**

If you are interested in applying for this opportunity please either fill in our Volunteer Information Form [here](#) or contact our Participation and Volunteering Coordinator, Heather, to arrange a chat.

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