

Volunteer Role	Personal Trainer/ Gym Instructor
Location	Cherrydown Ward – Basildon MHU (Located within the grounds of Basildon Hospital)
Job Description	To deliver and lead gentle exercise classes with nutritional advice given related to exercising. Develop collaborative relationships with clients attending the class. Work under the supervision of the day care co-ordinator and head of service.
Additional Info	Would suit someone who: <ul style="list-style-type: none">- Is a qualified personal trainer and gym instructor registered with the appropriate bodies <p>Our approach to volunteering is values based and applicants must be able to demonstrate the Trust's corporate values and behaviours which are Open, Compassionate and Empowering.</p>
How to apply	Contact the Trust Volunteering Team on: Tel: 01268 739 600 Email: epunft.businesssupport.volunteering@nhs.net