

Information for Get Up and Go Participants

About Get Up and Go

Get Up and Go is a peer support walking program offered by the ANU Counselling Centre. The program involves linking you up with another student who has volunteered to be a walking buddy. The two of you then arrange to go walking on a regular basis. This provides opportunities for physical activity and social contact, which can be a great way to manage your mental health and wellbeing.

Steps to Get Up and Go

Once you have submitted this online registration form, the Get Up and Go coordinator will make contact with you within two weeks to discuss your application and pair you up with a walking partner. They may do this by phone, email or ask you to come into the Counselling Centre.

Once your participation in Get Up and Go has been confirmed, your walking partner will contact you by phone or email to arrange a mutually convenient time to begin walking together. If you have not heard from your walking partner within 10 days, please contact the program coordinator.

Your walking partner will be available for a walk of up to an hour in length for a period of approximately 12 weeks. Together, you will negotiate the time, place and duration. We encourage students to walk on weekdays, during daylight hours, on or around the ANU campus.

The Get Up and Go coordinators will be in touch occasionally to see how things are going. The program coordinator will also contact you towards the end of the 12 weeks discuss your Get Up and Go experience. This will also be an opportunity to explore other types of social or sporting activities that you might pursue independently from Get Up and Go (and your walking partner) so that you can continue to experience the benefits of regular exercise and social contact.

What you can expect from you walking partner

The relationship with your volunteer walking partner will be semi-formal, different from friendship in that contact will be limited to one hour per week. Volunteers are discouraged from making extra social arrangements in between the walks as overextending the commitment can jeopardize people's ability to keep up the walking for the full 12 weeks. If you would prefer to meet with someone more often, please discuss this with your staff support worker who may be able to pair you with a second volunteer so that you can walk twice per week with Get up and Go.

Maximum benefits will be gained if as a pair, you keep up the regular exercise component of Get up and Go rather than having a coffee or a talk instead. Please book an appointment with a counsellor if you have a particular problem you would like to

Speak about, rather than relying on your walk time to discuss big issues as Get up and Go is primarily an exercise program.

Volunteers are encouraged to speak with the program coordinator about their role. The program coordinator operates under the Counselling Centre's usual confidentiality policy which you can view on the Counselling Centre website. You can expect that your walking partner will seek our support if they have any concerns about your well-being or personal safety, and that they will also be respectful of your privacy as far as possible.

Contacts

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