



ROLE DESCRIPTION: VOLUNTEER NAVIGATOR



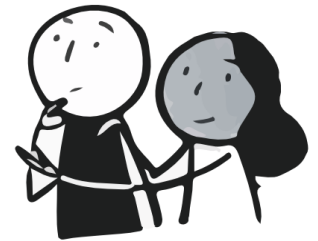
The Healthy Minds Community Programme helps Camden residents reconnect with the community through a range of free courses, workshops and activities. With events hosted by the likes of British Museum, Roundhouse, Triyoga and more, we offer participants new opportunities to get involved in Camden life.

If you are passionate about supporting people who are struggling with their mental health to live fun and fulfilling lives then this is a great opportunity for you. You will develop your own skills whilst helping someone else to become a part of their community.

As a Navigator, you will work with individuals on a one-to-one basis, helping them to set goals, discover their interests and find and access community organisations on their own. You'll manage a small caseload of participants and provide 4 sessions of focused support at intervals throughout the year.

As a Volunteer Navigator you will gain:

- Mental Health Awareness training
- Experience supporting people with mental illness or distress
- Experience helping people to set and work toward their goals
- Access to training and support to facilitate your development
- Experience of working within a community mental health service
- Experience of working in a person-centered way within a recovery model
- Opportunities for networking and access to community and mental health services



Skills and experience required:

- A keen interest in mental health and wellbeing
- An open-minded, non-judgemental approach to people
- Strong listening and communication skills
- Ability to work with people on a one-to-one basis
- Willingness to take part in training sessions

Commitment required:

- 7 hours per week for a minimum of six months. *We will ask for your availability at the training, however hours are flexible within the hours of 10-5 Monday-Friday

The Healthy Minds Community Programme is committed to recognising the hard work and dedication of our volunteers. Volunteer Navigators meeting this minimum requirement will be eligible to use Mind in Camden as a reference for work and study applications.



As a Volunteer Navigator, you will:

- Keep detailed, accurate records
- Attend monthly supervisions with your supervisor
- Participate in team meetings
- Work to promote an ethos of hope and self-directed recovery
- Follow Mind in Camden's policies and procedures*

*Mind in Camden's Volunteer Handbook outlines the policies and procedures applicable to this role.