



# HEALTHY MINDS COMMUNITY PROGRAMME

**mind**  
for better mental health  
in Camden

## VOLUNTEER ROLE DESCRIPTION



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 the British Museum, Central Saint Martins, The Mary Ward Centre 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. This dynamic role will see you take on a range of responsibilities to meet the needs of a changing community mental health service.

As a volunteer, you will support individuals to set goals, discover their interests, access community organisations on their own and provide motivation through social and light physical activities. The support you provide will be delivered over the phone, on zoom and in-person depending on individual need. You will gain experience of supporting people on a 1-2-1 basis, in addition to facilitating both online and socially distanced groups. Mind in Camden will provide guidelines and PPE to ensure all in-person meetings can go ahead as safely as possible.

### 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



**Commitment required:**  
Minimum of six months commitment. \*We will ask for your availability at the training, one 3 hour block per week 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, you will:

- Keep detailed, accurate records
- Receive DBS check
- Manage a small caseload of members to support
- Attend monthly supervisions with your supervisor (Non-clinical)
- Participate in team meetings
- Work to promote an ethos of hope and self-directed recovery
- Have the opportunity to specialise as a Navigator or Sports Buddy once our usual programme returns
- Follow Mind in Camden's policies and procedures\*

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