

ROLE: ACTIVITIES VOLUNTEER

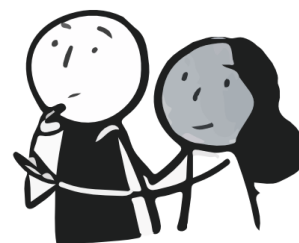


The Healthy Minds Community Programme helps Camden residents reconnect with their community through a range of free courses, workshops and activities. With events hosted by the likes of British Museum, Central Saint Martins, Triyoga and more, we offer participants new opportunities to get involved in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

As an activities volunteer, you'll attend and hold small group sessions to support members in engaging with physical activities, arts and crafts, adult education courses, storytelling workshops, museum tours and many more. You will act as a Mind representative, supporting sessions, and making members feel safe and comfortable out in the community.

As a Volunteer Active Mentor you will:

- Receive Mental Health Awareness training
- Help people with mental illness or distress
- Support people in identifying and working toward increasing physical activity
- Experience working in a person-centred way within a recovery model
- Have the opportunity to participate in activities with clients
- Access to training to support and facilitate your development



Skills and experience required:

- An interest in, and/or lived experience of, mental health & wellbeing
- Enthusiasm for meaningful activities and an awareness of these benefit people's mental 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
- Willingness to participate in team meetings



Commitment required:

- Hours are flexible within the hours of 10-5 Monday-Thursday* for a minimum of six months. We ask that you sign up for at least one session per week.

**We will ask for your availability at the training.*

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



As an activities volunteer, you will:

- Regularly attend activities out in the local community and support members to engage.
 - Receive a DBS check, Mental Health Awareness training & Safeguarding training.
 - Keep detailed, accurate records
- Have regular supervision
- 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.*