

## Communities in Mind - Activities Volunteer Role Profile

An opportunity to help at our regular social and wellbeing activity groups in Lancing for people aged 65+ with mild to moderate health needs, those who may be isolated or who may have lost confidence. A varied and interesting role working alongside paid staff to deliver activities that are stimulating and enjoyable and which help support the mental and physical wellbeing of our service users.

### What's involved:

**Every 2<sup>nd</sup> Tuesday of the month, 10:30 – 1:30pm at Chesham House Community Centre & Vintage Tea Room, 124 South St, Lancing, BN15 8AJ**

- Assisting and working alongside paid staff to research, prepare and deliver sessions (e.g. quizzes/brain games, tabletop games/bingo, visiting speakers, mindfulness/relaxation) – sometimes taking the lead on delivery
- Setting up and clearing away including tables, chairs and equipment
- Meeting and greeting service users and supporting their engagement with the activity
- Preparing and serving refreshments
- Other reasonable tasks as needed to ensure the smooth running of activities
- Occasional one-off seasonal events

### What we ask for:

- Good communication and people skills
- Non-judgemental, patient, caring and empathetic
- Some experience working with older people or people with mental health needs is desirable (does not need to be in a formal/professional setting)
- Appreciation and understanding of the needs and interests of older people
- Understanding of the need for confidentiality and professional boundaries
- An enthusiastic and positive outlook that is encouraging but not pushy
- To adhere to all applicable West Sussex Mind policies and procedures when in your volunteering role with us
- Ideally a commitment of 6 months or more to the role

## How we help our volunteers and benefits

- You will meet new people, have the opportunity to learn new skills and take part in regular in-house training
- We will reimburse pre-agreed expenses in line with WSX Mind's policies
- We will check-in regularly to ensure you are enjoying your volunteering role through 1-2-1s, volunteer meetings, social and learning networking days

## Our Values

- We are equitable
- We are open
- We work together
- We are curious
- We are unstoppable
- We strive for excellence

## Volunteer Recruitment Process

For selected applicants there will be an interview with the Service/Project Managers

If successful, 2 references will be requested as part of the recruitment checks and essential e-learning will be required to be completed before starting in the volunteer role.

**Because the role involves working closely with vulnerable people, we need to complete an Enhanced Disclosure and Barring Service check.**

Support will be available for any technical, language or literary support required.

For more information, please email [volunteering@westsussexmind.org](mailto:volunteering@westsussexmind.org)