

Communities in Mind - Activities Volunteer Role Profile

An opportunity to help at our regular social and wellbeing activity groups in Rustington 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 3rd Tuesday of the month, 2:00 – 5:00pm at the Samuel Wickens Centre, Broadmark Lane, Rustington, BN16 2NW

- 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