



Volunteer Role Profile

Service name: Communities in Mind for people 65 + in Chichester, Arun & Adur

Role title: Activities & Events Volunteer

Locations: Bognor, Chichester, or Lancing areas

An opportunity to help at our regular social and wellbeing activity groups for people 65 plus with mild to moderate mental health needs, those who may be isolated or who may have lost confidence. Occasionally to assist at events promoting the service. 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

- 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 – setting out tables, chairs, equipment
- Meeting and greeting service users
- Preparing and serving refreshments – sometimes purchasing refreshments
- Other reasonable tasks as needed to ensure the smooth running of activities
- Sessions take place at different locations/times – you don't need to do them all!
- Tuesday afternoons in Bognor from 12.45 for about three hours
- Wednesday afternoons in Chichester from 12.15 for about three hours
- Occasional one-off events – times TBC
- Occasional Tuesday mornings in Lancing/Friday afternoons in Bognor

What we ask for

- Good communication and people skills
- Interest in, experience, or understanding of people with mental health needs
- Understanding of the need for confidentiality and professional boundaries
- Being non-judgmental, patient, caring and empathetic
- An enthusiastic and positive outlook that is encouraging but not pushy
- To work with integrity within the policies and guidelines of West Sussex Mind

- A commitment to volunteer for at least 6 months at the location(s) most suited to you – your availability will be discussed at interview

How we help our volunteers and benefits

- Welcome you to West Sussex Mind with a package of training and information needed to carry out the role.
- 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 West Sussex Mind's policy.
- We will check-in regularly to ensure you are enjoying your volunteering role.

Our Values

- Open: we reach out to anyone who needs us
- Together: we're stronger in partnerships
- Responsive: we listen, we act
- Independent: we speak out fearlessly
- Unstoppable: we never give up
- Forward thinking: we innovate and develop

Because the role involves working closely with vulnerable people, we need to take up two references and a Disclosure and Barring Service check.

If you would like to discuss this role before applying, please call:

Julia Dendle 07932 784 979

Email: cim@westsussexmind.org