



Volunteer Role Profile

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

Role title: Online (using Zoom) Social Activity Group volunteer

A wonderful opportunity to volunteer from the comfort of your home while helping others. We are looking for an enthusiastic and engaging person to deliver our online social activity group (usually quizzes/conversation) to people with mild to moderate mental health needs, those who may be isolated or who have lost confidence. You will have a great personality, good people skills and the confidence to manage and lead the group, interact appropriately, steer the conversation, and keep the group engaged.

What's involved

- Researching and planning sessions that are interesting, and appropriate to the age, experience and needs of the group, using a variety of methods/styles
- Delivering weekly sessions at the agreed times (currently Thursday afternoons at 2.00pm and occasional Tuesday afternoons at 3.15pm)
- Seeking and hosting occasional online visiting speakers
- Coming up with ideas for other online activities in consultation with service users
- Reporting back to the supervisor about attendance and raising any issues/concerns

What we ask for

- Excellent communication and people skills that can reach through the screen!
- Good group management and observation skills
- Interest in, experience, or understanding of older people and/or people with mental health needs
- Curiosity to find appropriate speakers and content for the quizzes
- Being non-judgmental, empathetic, and calm
- Understanding the need for confidentiality and professional boundaries
- Technical skills and requirements: access to a computer in a quiet and secluded setting; access to and a basic understanding of Zoom and how it can be used (or willingness to learn about this)
- Reliability to deliver the group at the specified time

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