

## Volunteer Role Description: Community Volunteer – At Enjoying Derbyshire Groups

<b>Role Title</b>	Community Volunteer (Enjoying Derbyshire Programme)
<b>Programme/Project</b>	Derbyshire Mind’s ‘Enjoying Derbyshire’ community mental wellbeing programme
<b>Where (Project Location)</b>	Various locations across Derby City (and/or online)
<b>Time Commitment</b>	<ul style="list-style-type: none"> <li>• Approximately 1-3 hours a week as required</li> <li>• Groups run at different days of the week and different times of the day so we would work with your availability to find suitable groups for you to support</li> <li>• A commitment from you of at least 6 months is required following training</li> </ul>
<b>Reports To</b>	Jenny Ryan – Community Services Manager
<b>Service Summary</b>	<ul style="list-style-type: none"> <li>• <b>‘Enjoying Derbyshire’</b> is Derbyshire Mind’s name for our community mental wellbeing programme of groups and activities that have the common goal of improving mental wellbeing by boosting mood, reducing loneliness and isolation, and facilitating meaningful connections between people in Derby and Derbyshire.</li> <li>• With many different ways to boost our mood and improve our wellbeing we know that different activities interest each of us individually. As such, we work in partnership with a number of fantastic local organisations in order to deliver a wide range of activities and groups so that everyone will find something that suits their interests to help improve their mental wellbeing.</li> <li>• Some of the groups we deliver include: Craft groups; Music groups; Jogging groups; Walking groups; Photography groups; Art Therapy type groups; and many more.</li> </ul>
<b>Purpose of this role</b>	<p>The purpose of this role is to facilitate the smooth running and welcoming feel of Derbyshire Mind’s ‘Enjoying Derbyshire’ community wellbeing groups across Derby (and online) by presenting a warm, friendly and non-judgemental presence, supporting participants, assisting the group facilitators/staff, and being an ambassador for Derbyshire Mind.</p> <p>As a Community Volunteer you will help provide friendly support to the participants in attendance so that they feel welcomed, safe, and potentially more confident about getting involved with the group and its activities.</p>

<p><b>Description of tasks</b></p>	<ul style="list-style-type: none"> <li>• To provide gentle support to participants and help the course/group/activity run smoothly</li> <li>• To represent Derbyshire Mind and provide a welcoming, supportive and non-judgmental presence within the group</li> <li>• To work alongside the facilitators/leaders, other volunteers, and participants, and support participants with empathy and understanding</li> <li>• Talking with and listening to participants informally</li> <li>• To help the facilitators ensure that the venue is looked after, is safe, and complies with service risk assessments and the Health and Safety Policy</li> <li>• To help the participants use the technology if the course is an online one. (Eg Zoom)</li> <li>• To signpost participants to local Derbyshire Mind services and other community groups as necessary</li> <li>• To adhere to Derbyshire Mind policies and procedures and the Volunteer Code of Conduct</li> <li>• To assist participants to complete evaluation forms if needed</li> <li>• To be enthusiastic and take pride in the Enjoying Derbyshire groups, and be ready and willing to suggest ways to help improve the service further and so on</li> </ul>
<p><b>Required Skills, Qualities, and Experience</b></p>	<p>This role is best suited for someone that:</p> <ul style="list-style-type: none"> <li>• Is open minded and able to see things from different perspectives including diverse values and beliefs</li> <li>• Is able to listen to others in a supportive and non-judgmental way, and without feeling the need to ‘fix’ or ‘give advice’</li> <li>• Is able to communicate clearly to others with a friendly and supportive tone</li> <li>• Is able to remain calm and professional in sometimes more challenging situations</li> <li>• Understands the importance of boundaries and confidentiality</li> <li>• Is reliable and punctual</li> <li>• Is able to build a rapport with a wide range of people</li> <li>• Has a personal interest in mental wellbeing</li> <li>• Possibly has a personal experience of a mild to moderate mental health condition</li> <li>• Is over 18 years old</li> </ul>

<p><b>What We Offer in return</b></p>	<ul style="list-style-type: none"> <li>• The chance to make a real difference in your local community</li> <li>• An opportunity to be part of a friendly and supportive team and to learn more about the charity sector/mental health</li> <li>• A fun experience and the chance to learn more about the wellbeing benefits of connecting with your community</li> <li>• An opportunity to gain valuable skills and volunteering experience</li> <li>• Derbyshire Mind induction and training day</li> <li>• Online training, including: Mental Health Awareness and Safeguarding</li> <li>• Out-Of-Pocket expenses provided in line with Derbyshire Mind's expenses procedure</li> <li>• A Derbyshire Mind volunteer's t-shirt</li> <li>• Regular catch ups with your Derbyshire Mind supervisor</li> <li>• Further personal development opportunities are available</li> </ul>
<p><b>Recruitment Process</b></p>	<ul style="list-style-type: none"> <li>• Application form</li> <li>• Informal interview</li> <li>• References x 2</li> <li>• DBS Check</li> </ul>