

Volunteer Role Description: Community Volunteer – MindSpace Walk Leader

Role Title	Community Volunteer (MindSpace Walk Leader)
Programme/Project	Derbyshire Mind's Enjoying Derbyshire community mental wellbeing programme - The MindSpace service
Where (Project Location)	A suitable local park in Derbyshire.
Time Commitment	<p>MindSpace walks run either weekly or fortnightly, and they last approximately 1.5 hours.</p> <p>A commitment from you of at least 6 months is required following training/induction</p>
Reports To	Jenny Ryan – Community Services Manager
Service Summary	<ul style="list-style-type: none"> • We know that spending time in green space such as going for a stroll in a local park with a friendly and understanding group of people can really benefit both mental and physical wellbeing. • Derbyshire Mind's MindSpace walks are informal community walks in local parks and cafes. They are designed to provide a supportive and empathetic listening group to those that may need it while getting out and benefiting from the fresh air and abundant nature we have around us. • The walks are not vigorous walks, more a relaxed walk and a chat. They are informal and unstructured so that they can flex to suit whatever the group needs or wants to do on the walk that week. Most times the groups will just walk and talk, but sometimes they might decide they would like to stop for a coffee in the local café, or sometimes the conversation will be centred on a particular topic that someone has raised, or sometimes they might want to try a little bit of mindfulness and sit quietly in nature. • Every MindSpace community group is supported by two Derbyshire Mind volunteers, of which you would be one. The role of the volunteer walk leaders is simply provide a listening ear as well as friendly and supportive company. We will train you to also become knowledgeable about the local area, other Derbyshire Mind activities, and other local services and groups too in case people ask about them.

	<ul style="list-style-type: none"> As with all of our community mental wellbeing activities MindSpace meetups are intended in particular for local adults experiencing feelings of lower mental wellbeing such as low mood, stress, anxiety, bereavement, isolation, loneliness, and so on. The walks are accessible and inclusive.
Purpose of this role	<p>The purpose of this role is to facilitate the welcoming feel and overall success of Derbyshire Mind's MindSpace community groups in Derby by:</p> <ul style="list-style-type: none"> offering a warm, friendly and non-judgemental presence in the group initiating a relaxed walk around the local park supporting group attendees by being a good listener and a generally a friendly person to chat with and by being a positive ambassador for Derbyshire Mind.
Description of tasks	<p>The tasks involved with this role include:</p> <ul style="list-style-type: none"> Facilitating a friendly, welcoming, and inclusive environment within the MindSpace group(s) Initiating a walk with the group around the park according to the group's abilities or desires that day Talking with and listening to attendees who may require someone to listen to them Treating all attendees with kindness, empathy, understanding and respect Providing information about local Derbyshire Mind services and other community groups as necessary Working with and alongside other MindSpace volunteers within the group Adhering to Derbyshire Mind policies and procedures and the Volunteer Code of Conduct, including our Health and Safety policy and Risk Assessments for the MindSpace groups Feeding back about the group regularly to the Community Services Manager via phone or email Attending a volunteer induction day, necessary training sessions, and regular volunteer team meetings You being enthusiastic and taking pride in the MindSpace service, and being ready and willing to suggest ways to improve the service further and so on

Required Skills, Qualities, and Experience	<p>This role is best suited for someone that:</p> <ul style="list-style-type: none"> • Is local and has use of a car • Is available on a regular day • Is reliable and punctual • Is able to build a rapport with a wide range of people • Is open minded and able to see things from different perspectives including diverse values and beliefs • Is able to listen to others in a supportive and non-judgmental way, and without feeling the need to 'fix' or 'give advice' • Is able to communicate clearly to others with a friendly and supportive tone • Is able to remain calm and professional in sometimes potentially challenging situations • Understands the importance of boundaries and confidentiality in a role like this • Has a personal interest in nature and the wellbeing benefits of being outdoors in nature • Has an interest in helping to support the wellbeing of their local community by creating a friendly and welcoming group • Possibly has a personal experience of a mild to moderate mental health condition • Is over 18 years old
What We Offer	<ul style="list-style-type: none"> • The chance to make a real difference within your local community • An opportunity to be part of a friendly and supportive team and to learn more about the voluntary sector/mental health • An enjoyable and rewarding experience while learning more about the wellbeing benefits of walking and nature • An opportunity to gain valuable skills and volunteering experience • Derbyshire Mind induction and training programme • Online training, including: Mental Health Awareness • Out-of-pocket expenses provided in line with Derbyshire Mind's expenses procedure • A Derbyshire Mind volunteer's t-shirt • Regular catch ups with your Derbyshire Mind coordinator • Further personal development opportunities are potentially available, including opportunities to get involved with other areas of Derbyshire Mind
Recruitment Process	<ul style="list-style-type: none"> • Application form • Informal interview • References x 2 • DBS Check