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Volunteer Role Description:  
Community Volunteer – Sound Minds**

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| **Role Title** | Community Volunteer (Sound Minds) |
| **Programme/Project** | Sound Minds |
| **Where (Project Location)** | Mackworth Derby City (Room TBC) |
| **Time Commitment** | Sound Minds will take place on Wednesday afternoons, weekly, in Derby City. Community volunteers will meet the group leader ten minutes before the session starts at 1pm.  There is a commitment from you to attend a minimum of 2 sessions a month during the length of this project. This is due to the time and costs incurred in recruiting and training new volunteers.  There will be a total of 15 sessions of Sound Minds that run from January into early April 2024. |
| **Reports To** | Lucy Brierley – Mental Wellbeing Services Coordinator |
| **Service Summary** | Sound Minds: An exploration of sound, discovering the ways we can use music to enhance our mental wellbeing.  Sound Minds is a workshop facilitated by Iylla, a Creative, Expressive Arts, Health and Wellbeing student at the University of Derby.  Sound Minds looks at exploring playful and supportive ways to use music to connect and collaborate, exploring new, fun and creative ways we can use music, and visual art activities, to enhance our mental and social wellbeing.  The Sound Minds workshops are a supportive, welcoming space for people aged 18+ who experiences social anxiety, isolation, or low mood. Sound Minds workshops are a set of 15 weekly music and visual art based sessions that are a great opportunity to boost your self-esteem and connect with others in a supportive and playful musical environment. The sessions are based around exploring new and creative ways we can use music engagement to support our mental wellbeing.   * The Community volunteers ensure that every participant is asked how they are and how they are feeling. We make sure that all participants have the opportunity to express their feelings and don’t go away feeling unheard. Although the group is informal and flexible to suit the needs of the group, there sometimes will be some difficult or emotional conversations. * The role of the Community volunteer is to initiate conversation with, and between, the people who attend the workshop. Mostly the role will be to provide a listening ear as well as friendly and supportive company. However, while talking to people about their wellbeing, you might be required to participate in some more difficult conversations where empathy and good listening skills are key. * It might also be appropriate for you to signpost to other services available to our community, so we will train you to also become knowledgeable about the local area, other Derbyshire Mind activities, and other local services and groups. * As with all our community mental wellbeing activities Sound Minds 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. |
| **Purpose of this role** | The main purpose of this Community Volunteer role is to help all attendees feel welcome within the group and to provide a safe space for attendees to talk about their feelings and experiences with you and the wider group. This can include:   * Helping to create a warm, friendly and non-judgemental group for all attendees, * asking each attendee how they are feeling and holding space for people to feel able to discuss what they are going through and potentially be emotional * supporting group attendees by being a good listener without attempting to 'fix', * being generally a friendly person to chat with, * and by being a positive ambassador for Derbyshire Mind. |
| **Description of tasks** | The tasks involved with this role include:   * Facilitating a friendly, welcoming, and inclusive environment within the Sound Minds group * Helping with the set up and packing away for the session activity * Supporting with setting up refreshments and letting people know where everything is * Talking with and listening to attendees who may require someone to listen to them and asking each attendee how they are doing * 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 the group facilitator * Adhering to Derbyshire Mind policies and procedures and the Volunteer Code of Conduct, including our Health and Safety policy and Risk Assessments for the Sound Minds group * Feeding back about the group regularly to the Mental Wellbeing Services Coordinator via phone or email * Attending a volunteer induction day, necessary training sessions, and volunteer team meetings * Being enthusiastic and taking pride in the Sound Minds service, and being ready and willing to suggest ways to improve the service further and so on |
| **Required Skills, Qualities, and Experience** | This role is best suited for someone that:   * Is local and has use of a car or can get to the venue by bus * Is available on Wednesday afternoons * 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 * Can listen to others in a supportive and non-judgmental way, and without feeling the need to ‘fix’ or ‘give advice’ * Can communicate clearly to others with a friendly and supportive tone * Can remain calm and professional in sometimes potentially challenging situations * Understands the importance of boundaries and confidentiality in a role like this * 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** | * 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 music and visual art * 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 * 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** | * Application form * Informal interview * References x 2 * DBS Check |