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Volunteer Role Description:  
Community Volunteer – MindSpace Walk Leader**

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| **Role Title** | Community Volunteer (MindSpace Walk Leader) |
| **Programme/Project** | MindSpace |
| **Where (Project Location)** | Swadlincote Woodlands, Derby Rd, Swadlincote, De11 8lz |
| **Time Commitment** | These MindSpace Walk-and-Talks will take place on Tuesday afternoons, fortnightly, at Swadlincote Woodlands. Walk leaders meet the group at 12.45pm for a 1pm start and the walk comes to an end at 2.30pm.  A commitment from you to attend a minimum of one walk a month for at least 6 months, is required. This is due to the time and costs incurred in recruiting and training new volunteers.  **Sample Rota**   |  |  |  | | --- | --- | --- | | **4-week rolling rota** | **Walk Leader 1** | **Walk Leader 2** | | **Week 1 – 29/02/24** | Person A | Person B | | Week 2 – 07/03/24 | n/a – no walk | n/a – no walk | | **Week 3 – 14/03/24** | Person C | Person D | | Week 4 – 21/03/24 | n/a – no walk | n/a – no walk | |
| **Reports To** | Lucy Brierley – Mental Wellbeing Services Coordinator |
| **Service Summary** | * Derbyshire Mind’s MindSpace walks are informal community walk and talks in local parks and cafes. They are designed to provide a supportive and empathetic listening group to those that may need it, while benefiting from getting out of the house and into the fresh air and abundant nature we have around us. MindSpace is a non-judgemental safe space for attendees to talk about their mental wellbeing struggles or experiences with our caring and empathetic volunteers. * The walks are not vigorous walks, more a relaxed pace whilst we walk, talk and listen. The walk leaders ensure that every participant is asked how they are and how they are feeling. We make sure that all participants at MindSpace 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. * Every MindSpace community group is supported by two Derbyshire Mind volunteers, of which you would be one. The role of the volunteer walk leader is to initiate conversation with, and between, the people who attend the walk. 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 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** | The main purpose of this Walk Leader role is to help all attendees feel welcome within the group, lead a gentle walk around the park, 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, * initiating a relaxed walk around the local park (always together with a second fellow MindSpace volunteer), * 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 MindSpace group * 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 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 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 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 MindSpace 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 * 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 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** | * 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 * 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 * Taster Session and Informal 1:1 chat * References x 2 * DBS Check |