

VOLUNTEER ROLE PROFILE

Role title: Wellbeing Café volunteers x 10

Responsible to: Wellbeing Cafes Coordinator

Volunteer hours available: 3 every week on Wednesdays and Thursdays

Location: E10 and/or E11.

About Mind in the City, Hackney and Waltham Forest:

We are a multi-disciplinary provider of specialist mental health services and a part of the Mind Federation.

We promote both recovery from ill health for people with recurrent and enduring mental health difficulties and early intervention for those at risk of developing mental health issues, or who struggle with common mental health conditions.

We currently support around 5,000 people a year through a variety of services focusing on psychological, social, economic and workplace wellbeing, and support minoritised communities.

Our values are:

Connected: Creating a compassionate and supportive community.

Fair: We strive for equity- no-one's needs should go unmet.

Brave: We walk with people, offering help by doing what works - proven or new.

Working with Mind CHWF means you'll be part of a dedicated, passionate, and professional workforce who cares about the work they do and make a real difference to the lives of the people in the City of London, Hackney and Waltham Forest.

We are committed to actively becoming anti-racist in everything we do. This is a critical priority for Mind CHWF. We embrace diversity and understand that being an inclusive organisation that recognises different perspectives, will enable us to provide excellent services.

We are committed to ensuring all our employees are treated fairly and equitably at work and promoting equity in physical and mental health for all.

Those with lived experience of Mental Health are encouraged to apply.

DBS clearance at Enhanced (without Barring) is required for this role, for which Mind CHWF will pay.

What is a 'Wellbeing Cafe'?

Our Wellbeing Cafés in Leyton/Leytonstone offer weekly face to face sessions for residents of Waltham Forest aged 18 years or older who experience low mood, anxiety, loneliness, or social isolation. One of the cafes is a women only space.

Wellbeing Cafés offer social time, light refreshments, activities, advice and learning sessions to choose from and are open to referrals only. Attendance is free and limited to up to 10 weeks per member. The participants will be signposted and linked to other opportunities – activities, groups, volunteering, learning, and training to progress onto.

Role specification

If you are interested in mental health, speaking to people from different walks of life and creating a safe, welcoming space for people then this is for you.

The role comes with Level 1 Make Every Contact Count (MECC) training and Mental Health Awareness training delivered by Mind in the City Hackney and Waltham Forest. This is a great stepping stone to further work or study in this field.

As a volunteer you will work alongside the Wellbeing Café coordinator and session facilitators to assist with all aspects of the running of the café sessions and making the café a welcoming and friendly experience for the participants.

You will engage with the participants and assist with admin tasks - recording attendance and monitoring data. You will also have plenty of opportunities to engage in conversation with individual Café participants who might be coming for a social drop-in.

You would be expected to share relevant information and signpost the members to other community groups, activities and organisations which are part of the fabric of community life in Waltham Forest and will be supported to do so.

We will provide you with a thorough induction and training to equip you for this role and provide you with ongoing supervision.

As a volunteer, we will reimburse your expenses and also help you get DBS checked if you do not yet have this.

This role would suit you if you are interested in engaging with local people, have a passion for supporting others with empathy and with a non-judgemental approach, and if you already have some knowledge of or interest in finding out more about local community links, spaces, activities and groups.

Skills You'll Need

Ability to read and speak English is essential.

Experience working with vulnerable adults is desirable but not essential. Volunteers will be asked to undergo a DBS check.