



Mind BLMK

Volunteer Opportunity

Opportunity title:	Over 55's Ladies Group Volunteer (Kushaal-Live Well)
Closedown date for applications:	Ongoing
Duration of volunteer placement:	Short term - until end of July 2019
Staff support:	Liz Wilde – Project Coordinator for Wellbeing in Later Life
Based at:	Queens Park Community Centre, Bedford.
Working days and hours:	Every Wednesday (term time only) between 12:00pm and 1.30pm
Summary of duties and objective:	<ul style="list-style-type: none"> • Provide support and encouragement to service users to participate in the group. • Support and encourage service users to socialise and gain confidence. • Talking with and listening to service users who may require someone to talk to. • Promote recovery and wellbeing for individuals. • Encourage accessing other groups/activities within the local community. • Help with the facilitation of the group when required e.g. refreshments, setting up tables and chairs, arranging resources and packing away after and other ad-hoc tasks. • To ensure confidentiality within the service. • To attend workforce training sessions and meetings as required. • Planning Activities
Expenses covered:	Mileage and Parking
Skills and experience needed:	<ul style="list-style-type: none"> • Applications from individuals who can speak Urdu/and or Punjabi as well as English • Age 18 or over • Knowledge or experience of mental health issues. • Good communication skills • Ability to motivate others

	<ul style="list-style-type: none"> • Good listening skills • To be non-judgmental • Reliability • Be enthusiastic and be motivated to help others • Health and safety awareness
<p>Other requirements/expectations:</p>	<ul style="list-style-type: none"> • Age 18 or over • Complete application form in full • Attend a short informal interview for selection • Successfully complete a trial period • Satisfactory DBS clearance • Two satisfactory references • Successfully complete Mind BLMK Induction Training • Successfully complete SOVA and Moving and Handling Principles training • Ability to attend regular support/training meetings that may be held in the evenings or the weekend
<p>Restrictions:</p>	<p>This position is to assist with a women's group</p>