

Volunteering Opportunities

October 2019

In a JVN survey 100% of our volunteers said they are happy volunteering with us.

| Here are some comments from our volunteers on volunteering for Jami: |
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| "Jami is a solid gig!" |
| "Jami has become part of my life!" |
| "It's a pleasure being at Jami." |
| "It's been a great privilege to be a volunteer with Jami. " |
| "I love coming here – it is better than going to work! Coming here is like being born |
| again." |
| "It is not a burden but life enhancing" |

Jami welcomes applications from Jewish and non-Jewish people from the whole spectrum of the community. We are committed to safeguarding and expect all employees and volunteers to share this commitment. An enhanced DBS check will be required. For more information on any of these roles, email <u>Kelvin.Zane@jamiuk.org</u> or call 020 8458 2223. Help us to transform the landscape for mental health by volunteering with Jami.

Jewish men's mental health support group co-facilitator – Stoke Newington N16

Jami Hackney is looking for a male volunteer who would enjoy co-facilitating this Jewish men's mental health support group at our hub in Stoke Newington.

Community Conversation facilitators – Head Room Golders Green and Wanstead

We are looking for people who are confident to lead evening discussion groups with an interest in mental health at our café or a new group in Wanstead E11.

Music Jam volunteers – Head Room Café Golders Green

The café is holding a monthly music jam session one evening per month and we need a musical person who can sing and/or play an instrument to help arrange the event and have fun!

Games Night volunteers – Head Room Café Golders Green

Do you enjoy playing card games and board games? We are looking for a volunteer to help arrange the monthly meetings and to take part in the games played.

Café assistant volunteers – Head Room Café Golders Green

Our café is looking for enthusiastic people to help serve and inform customers as well as promote Jami. Full training is provided.

Pastoral volunteers – Finchley and Gants Hill

We are looking for people who can talk about aspects of the festivals and religious practice to build the Jewish engagement of our centre users. Liberal, Reform, Progressive, Masorti, and Orthodox volunteers are welcome. Come and share your viewpoint.

Sundays outings volunteer – across London, leaving from Golders Green

Please get in touch if you enjoy going on outings and socialising with people. Outings at Jami take place on Sundays.

Coffee and culture volunteer – Central London

If you enjoy meeting people, visiting museums and galleries this could be the one for you. Our Coffee and Culture group meets in Central London once a month.

Fitness and activity volunteers – Edgware, Finchley, Hackney and Gants Hill

Are you keen on fitness? Do you enjoy sport? We need volunteers who can accompany our service users to different fitness and sports venues to help them recover or who can run fitness or activity sessions.

Kitchen volunteer – Finchley

Our busy kitchen in Finchley needs a volunteer on Thursdays to help do the preparation and cooking of meals and to help clear up. Full training provided.

Charedi men's and women's outreach and networking volunteers – Stamford Hill, Edgware, Hendon and Golders Green

Jami's Hackney and North-West London hubs are looking for outreach volunteers from the Charedi community who can network to support local Charedi people to help them make use of Jami services.

Volunteer hub helpers in Gants Hill

We need committed and enthusiastic volunteers at our Gants Hill hub in Redbridge who can give up to four hours a week to support our service users and join in/lead activities as well as enjoy themselves.

Mental Health Awareness Shabbat admin volunteer – Edgware

We are looking for someone interested in calling synagogues about Jami's annual Mental Health Awareness Shabbat. Over 120 congregations took part in 2019. The volunteer will help raise awareness of this vital annual event.

Jami pop up shop volunteers – Mill Hill

Jami's new exciting pop up upcycling shop will be opening shortly in Mill Hill Broadway (opposite M&S). We need volunteers to welcome and serve customers and to get involved.

For more information on any of volunteering opportunities please contact Kelvin.Zane@jamiuk.org or call 020 8458 2223