



The Mental Health Service for our Community

Volunteer role description

Compeer Volunteer

Organisation

Jami was established in 1989 by parents, relatives and friends of people who experienced mental health difficulties. In 2013 Jami became responsible for the community's non-residential mental health provision, creating a single mental health service for the Jewish community.

Symptoms of mental ill health affect all areas of our lives and can lead to social isolation, as we may withdraw from seeing friends and family, going to work, or participating in hobbies we once enjoyed. Jami recognises the profound impact that meaningful connections can have on wellbeing and living a happy and fulfilled life, as well as how they can facilitate recovery and re-integration within the community.

Role Purpose

Through a 1:1 match, Compeer Volunteering seeks to combine friendship with practical support to reduce loneliness and isolation and promote independence and recovery.

Through planned activities within pairs, Compeer volunteers can help their match build confidence, self-esteem, and motivation to make positive steps towards better mental wellbeing. Activities could include accompanying your match to an appointment, helping with shopping, gardening, or exercise, as well as social activities such as having a friendly chat over a cup of coffee or going to the cinema. The type of activity would depend largely on the individual need of your match, and so taking a flexible approach is vital.

We are looking for volunteers who can do face-to-face meets, with some telephone and video call befriending as needed.

The person

For this role you will need to:

- Have an interest in and awareness of mental health
- Have strong listening and communication skills
- Be reliable, trustworthy, and honest

- Have a caring and non-judgemental approach
- Be flexible
- Have a good understanding or willing to learn about some of the issues affecting this client group

We can offer you

- Full and ongoing training
- Flexible days and hours
- Ongoing support, reviews, and supervision
- Networking and social events

What we need

- DBS check
- Acceptable references
- 12-month commitment, 4 hours per month

We welcome applications from Jewish and non-Jewish volunteers and from across the full spectrum of the community.

How to apply

To apply for the role, please email sophie.chappell@jamiuk.org