



The Mental Health Service for our Community

Volunteer role description

Admin Volunteer – Mental Health Awareness Shabbat

Job title	Admin Volunteer – Mental Health Awareness Shabbat
Contract	Temporary, Volunteer
Hours	2 -4 hrs per week
Salary	Unpaid, Voluntary Role

Organisation

Jami is a mental health charity that enriches and saves lives impacted by mental illness in the Jewish community.

Since the start of the pandemic, demand for our services has grown exponentially. In 2021 we undertook a thorough review of the needs of the community, to develop a new strategy that will secure the Jewish community’s mental health provision. The new strategy sets out a huge agenda for change in scale and provision, which will be developed over the next five years while we continue to run our diverse set of highly professional mental health services:

- Advice and advocacy
- Treatment and support
- Education and campaigning

Jami currently supports over 1,400 individuals, delivering almost 50,000 separate service interactions each year, and reaches thousands more people through education, seminars, work in schools and other organisations. Through our social enterprise community café, Head Room, we raise mental health awareness while delivering mental health support on the high street.

Mental Health Awareness Shabbat

Jami’s Mental Health Awareness Shabbat aims to raise the profile of mental health in the Jewish Community. It is an opportunity to encourage people of all ages to be more in touch with their own mental health and wellbeing, and to raise awareness of mental health and mental illness in the local and wider community. The Mental Health Awareness Shabbat falls annually on the Shabbat when the weekly Torah portion of “Bo” is read, which tells about

the Plague of Darkness. The first Mental Health Awareness Shabbat in 2017 saw over 80 synagogues, student, and youth groups across the full range of Jewish religious affiliation taking part. This rose to over 200 in 2021 and we are hoping that the 2022 event will be even bigger!

Role Purpose

To help co-ordinate the Mental Health Awareness Shabbat 2022 and keep a record of community plans to mark the event.

This will include making calls to communities - synagogues, youth groups etc and inform them about our Mental Health Awareness Shabbat. Explaining the concept of this, encouraging them to save the date, offering any ideas or guidance of how to mark the occasion and to confirm that their contact information is up to date.

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 comfortable making calls and have a confident telephone manner
- Confident with data entry and great attention to detail
- Be reliable, trustworthy, and honest
- Be flexible

We can offer you

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

What we need from you

- DBS check
- 2-month commitment, 2-4 hours per week

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