



Volunteer role description

Walking Group Volunteer

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.

Role Purpose

We are looking for a Walking Group Volunteer to support the Walking Group Facilitator for a popular group at the Head Room Café.

For our community this is an opportunity to move the body, meet new people or just have a bit of 'me time'.

Like all our groups at Head Room Café this group is open to everyone and participants can join in as much or as little as feels right for them.

The walk takes place every Thursday from 4pm to 5pm and we meet outside the Head Room café from 3.30pm.

Your role will be to participate alongside group members and assist the Walking Group Facilitator/s as needed during the session.

You may also be required to document numbers of attendees, new attendees and the theme and content of the session, and so the times you would be needed are 3.45pm - 5.15pm each Thursday.

We are ideally looking for volunteers who can commit to a certain number of groups per month.

Previous experience is not necessary but a warm spirit of connecting with others in a mutually supportive capacity is required.

You will be there to join in alongside group members in an informal group atmosphere which allows for relationship building and learning together.

Interest in and experience of co-facilitating groups is desirable but not necessary.

The person

For this role you will need to:

- Have an interest in and awareness of mental health
- Use own initiative
- Ability to report back information accurately
- Have strong listening and communication skills
- Be reliable, trustworthy, and honest

We can offer you

Full and ongoing training

Flexible days and hours

Ongoing support, reviews, and supervision

What we need

DBS check

Two acceptable references

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 jamivolunteering@jamiuk.org.