



Volunteer role description

Chair Exercise 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 nonresidential 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 integration within the community.

Situated in the heart of our community, Jami's Head Room Café in Golders Green brings awareness and access to mental health support to the high street, helping to remove the stigma of mental illness and encouraging the wider community to talk openly about mental health.

Job Purpose

Jami is looking for a volunteer who can run a gentle, mostly chair based, exercise group at our Redbridge hub. This will run for an hour on Monday or Wednesday mornings, and we can be flexible in terms of which of these two days you are able to do. We would like for this group to take place before 1pm, when our attendees will be having lunch, but again can be flexible with the start time of this, as long as there is time to complete an hour of gentle exercises before 1pm.

The person

For this role you will need to:

- Ability to develop and deliver content for group activities.
- Be confident speaking in front of large groups of people.
- Have excellent organisation, communication and listening skills
- Create a positive and supporting environment, during these groups

- Be reliable, trustworthy, and honest
- Have a caring and non-judgemental approach
- Be flexible
- Ability to travel to our hub in Redbridge on a weekly basis
- Able to represent Jami's values and lead through example

We can offer you

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

What we need

- DBS check
- Acceptable references
- For you to attend and engage with regular supervision
- A commitment to attending our Redbridge hub for one hour every month – either on Mondays or Wednesdays

A DBS check will be carried out. Jami is committed to safeguarding and we expect all our volunteers to share this commitment.

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

