



Volunteer role description

Friday Community Conversation volunteer- Head Room Café

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 Friday Community conversations volunteer to support the group facilitator in a weekly group at Head Room Café on a Friday. The groups runs from 12:30-1:30pm every Friday. Therefore, the volunteer will be required to be at Head Room Café from 12:15pm- 1:45pm.

If you are unable to commit to weekly but can do at least once a month, let us know and we can see if we are able to build a rota with other volunteers.

Role responsibilities:

- As a Friday Community Conversations Co-facilitator, you will be a vital support to the main facilitator, working together to create an inclusive and enriching space for open conversations.

- Support the process of topic selection, encouraging participants to share their ideas on post-it notes and engaging in a democratic voting process.
- Group facilitation experience would be beneficial, but we are open to volunteers who have a passion for nurturing conversations and connections between people.
- Together with the main facilitator, you will foster an environment of mutual respect and active listening, where everyone's voice is valued.
- Be part of facilitating discussions on a range of topics that matter to our community.
- As a co-facilitator, you will play a key role in ensuring the smooth flow of conversations, guiding participants in exploring ideas and experiences.

The person

For this role you will need to:

- Have an interest in and awareness of mental health
- Listening, communication and organisational skills
- Be reliable, trustworthy, and honest
- Able to represent Jami's values and lead through example
- Engage with training, support, and supervision when necessary
- Ability to get to the Head Room Café in Golders Green without complication

We can offer you

- Full training and ongoing support from your manager
- Volunteering Handbook with further information regarding our volunteering policies
- Reimbursement of reasonable expenses
- Flexible hours

What we need

- DBS check and two acceptable references
- 3-6 month commitment

How to apply

To apply for the role, please email Hannah.rosenberg@jamiuk.org

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.