



Volunteer role description

Walking Group 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 Walking Group Volunteer to support the Walking Group Facilitator for a popular group at the Head Room Café. The group takes place on Thursdays from 4pm-5pm in the summer and 1:30pm-3pm in the winter. We gather outside the café at 3:30pm (summer) and 1pm (winter). 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.

Role responsibilities:

- Assist the Walking group facilitator as needed during the session, ensuring a smooth and enjoyable experience for all participants.

- Participate alongside group members, providing companionship and fostering connections during the walk.
- Help document the number of attendees, new participants and the themes and content of each session, contributing to the groups growth and development.
- To be able to commit to a certain number of groups per month, bringing consistency and a sense of belonging to the community.
- Be part of an informal and relaxed group atmosphere, where relationship building and shared learning are encouraged.

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.