



Volunteer role description

Community Befriending at Head Room

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

When we are struggling with our mental health, we can often become withdrawn which can lead to feelings of loneliness and isolation.

Head Room, our community café on the high street, offers a safe space for the community to socialise, meet new people, and engage in different groups, activities and open conversations about mental health. This plays a key role in reducing loneliness and isolation and helps people to build new relationships and to stay socially connected, as part of a mutually supportive community.

We are currently looking for community befrienders to provide 1:1 support at the cafe for members of the community. This could be anything from having a coffee and social chat, to

providing informal emotional support, signposting, and flagging any concerns to the volunteering role manager.

The person

For this role you will need to:

- Have an interest in and awareness of mental health
- Have a good understanding of boundaries
- Have strong listening and communication skills
- Be reliable, trustworthy, and honest
- Have a caring and non-judgemental approach
- Be flexible

We can offer you

- Full and ongoing training
- Flexible days and hours
- Ongoing support, reviews, and supervision
- Networking and social events
- Being part of supportive and caring community

What we need

- DBS check
- Acceptable references
- 12-month 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