



**For when mental illness and distress
makes everyday life a struggle**

Volunteer role description

Finchley Hub Volunteer

Can you help change the lives of our hub members? If so, read on!

The role

Are you interested in a volunteering role that will help to enrich and positively impact the lives of those experiencing mental illness in the Jewish community? We are currently looking for amazing volunteers who would like to support members in one of our hubs.

Jami's Finchley hub is open three days a week and is a safe space for our members to come along to. It is a place to meet and socialise with other people, have lunch and to get involved in any a variety of groups and activities.

Our hubs are a place where important social connection and couldn't run without support from incredible volunteers like you.

As a hub volunteer you will be on hand to –

- Welcome the members and complete the daily register
- Chat with the members throughout the day
- Support members to set up and serve lunch, which you will also be able to tuck into!
- Join in the daily activities which may include arts & crafts, creative writing or simply having a coffee and chat
- Report anything necessary to staff members

Are you?

- Interested in changing the lives of those experiencing mental health issues?
- Interested and aware of Jewish faith and culture?
- A strong listener and excellent communicator?
- Reliable, trustworthy, and honest?
- Caring and non-judgemental in your approach to others?
- Flexible?

Yes? Then this is the role for you! To find out how to apply, keep reading

Organisation

Jami is a mental health charity that enriches and saves lives impacted by mental illness and distress 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.

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
- Six-to-twelve-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