



Volunteer role description

Hub volunteer - Redbridge

Our hubs provide a safe and welcoming space, and support people to feel less lonely and isolated, and part of a mutually supportive community. Can you help to support the smooth delivery of our Redbridge hub service? 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 can...

- Thrive in a supportive team environment
- Be able to give light touch support to service users, and to flag concerns to members of staff when needed
- Help to facilitate fun and interesting group sessions and activities, for example a quiz or an art group
- Support with lunch preparation and encouraging our members to get involved to promote independence and learning new life skills
- Helping to create a warm and welcoming space

Are you?

- Interested in changing the lives of those experiencing mental health issue?
- 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?
- Sociable, and good at building relationships with people from all walks of life?

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 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 training and ongoing support from role manager and volunteer coordinator, including volunteering handbook
- Opportunity to gain further knowledge of mental health issues
- Reimbursement of reasonable expenses
- Supportive and friendly environment

What we need

- DBS check and two acceptable references
- 12-month commitment - hours approximately 11-3.30pm Mondays and / or Wednesdays.
- There will be an initial trial period of 2 months and then a review to check-in

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