



## Volunteer role description

### Music Group Volunteer

#### The 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.

#### The role:

**Position Title:** Music Group Volunteer

**Location:** Head Room Cafe, Golders Green

**Reports to:** Volunteer Coordinator and Music Group Facilitator

**Time Commitment:** Monthly on a Wednesday, 4.30pm to 6.15pm

We are looking for a Music group volunteer to support and work closely with the Music group facilitator in a popular group, Music4All at Head Room Café.

Music4All Group combines an opportunity for expression through music with companionship and fun in a relaxed atmosphere.

Co-created with community members, it is a vibrant and inclusive space where people of all musical abilities come together to explore, create, and connect.

Whether jamming, singing, or experimenting with different instruments, participants feel welcomed and supported in expressing themselves creatively.

The group's collaborative nature fosters a strong sense of belonging, allowing individuals to contribute in their own way while also learning from others.

One of the key successes of the group has been its ability to bring together a diverse mix of people who share a love for music, regardless of their experience level.

Participants have remarked on how the relaxed atmosphere encourages them to step outside of their comfort zones, try new things, and build confidence.

### Key Responsibilities:

**Co-Facilitate Music Sessions:** Co-lead and organise group music sessions, including singing, instrument playing, and general music appreciation activities.

**Encourage Participation:** Foster an inclusive atmosphere that encourages all participants, regardless of musical ability, to engage and express themselves through music.

**Support Participants:** Provide emotional support and encouragement to individuals, creating a safe space for sharing and personal expression.

**Collaborate with Staff:** Work closely with the cafe team to align music activities with the overall mission and goals of the cafe.

**Promote Events:** Assist in promoting special music events, open mic nights, or showcases to encourage community involvement and support.

**Maintain Equipment:** Help with the setup and maintenance of musical instruments and equipment used during sessions.

**Provide Feedback:** Offer insights and feedback to the cafe team regarding participant experiences and suggestions for improvement.

### Required Experience, Skills & Qualities:

**Musical Skills:** Proficiency in playing an instrument or vocal performance that can be used within the group

**Group Facilitation:** Experience facilitating groups of a similar nature - experience in leading music activities is a plus.

**Communication Skills:** Strong interpersonal skills with the ability to connect with individuals from diverse backgrounds, as well as a spirit of curiosity about what music offers and an ability to listen and learn together.

**Empathy and Patience:** A compassionate approach to supporting individuals facing mental health challenges.

**Team Player:** Ability to work collaboratively with staff and other volunteers.

**Commitment to Confidentiality:** Understanding and adherence to the importance of confidentiality in a mental health setting.

### The person:

- Have an interest in and awareness of mental health.
- Use own initiative.
- Ability to report back information accurately.
- Have strong listening and communication skills.
- Be reliable, trustworthy, and honest.

### We can offer you:

- Full and ongoing training
- Flexible days and hours

- Ongoing support, reviews, and supervision (reflective practice)

#### Benefits:

- Gain valuable experience in community service and mental health support.
- Build connections with individuals and groups passionate about music and mental wellness.
- Receive training and support from experienced staff members.
- Contribute to a positive and uplifting environment that promotes healing through music.

#### What we need:

- DBS check
- Two acceptable references

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](mailto:sophie.chappell@jamiuk.org)