



Volunteer role description

Jewish in Jami volunteer

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When we are experiencing mental ill-health, we can become withdrawn which can lead to feelings of loneliness and isolation, which in turn can exacerbate any mental health issues we may be experiencing. For many people who are experiencing loneliness and isolation, the festival periods can be an especially difficult time.

As a Jewish organisation, we offer opportunities to connect over the Jewish holidays and festival periods, as well as over our regular Friday night dinners, and we are currently looking for volunteers to support the smooth delivery of these faith-based events.

Responsibilities and tasks

- Helping to create a warm and welcoming environment by meeting and greeting members and ensuring that people coming are welcomed warmly.
- Support with serving and plating up the meals and different courses.
- Setting up the room before an event.
- To participate in activities associated with the event, including eating with members, staff and other volunteers
- Clearing away and washing up after the event.

The person

For this role you will need to:

- Have an interest in and awareness of mental health
- Have an interest and awareness of Jewish faith and culture
- Be warm and welcoming
- Have strong listening and communication skills
- Be reliable, trustworthy, and honest
- Have a caring and non-judgemental approach
- Be flexible
- Be physically able to help with a variety of tasks, for example moving chairs, putting tables away etc

We can offer you

- Full and ongoing training
- Flexible days and hours
- Ongoing support, reviews, and supervision
- Networking and social events

What we need

- DBS check
- Acceptable references
- Commitment to support at the events in advance

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**