

Mindfulness Dip Volunteer

The role

We're looking for friendly individuals who are non-judgmental and would like to help to create a safe environment, where mums can share feelings and experience mental health wellbeing dips, held on Thursday mornings. As a volunteer, you will be assisting with the general setting up and tidying up, serving drinks and snacks as well as handing out equipment. This role will report to the Engagement Officer.

This role will be based at Wardie Bay Beach.

Key tasks

- Making all members of the group feel welcome, especially if they are new.
- Assisting with the setting up of the group i.e. laying out sitting mats, organising equipment.
- Serving drinks and offering snacks to group.
- Helping to make sure our groups are enjoyable, friendly and fun.
- Assisting with the clearing up at the end i.e. gathering up equipment and collecting mugs.

Specific skills

We are looking for someone with the following skills, knowledge and experience:

Essential:

- Good people skills and friendly nature.
- Good listener and sensitive to the needs of others.
- Ability to work as part of a team.
- Caring, motivated and courteous.
- Ability to follow instructions, as well as health and safety guidelines.
- Reliable, punctual, honest and well-organised.
- Passionate about mental health and wellbeing.

Desirable:

- Experience in wild swimming (as a swimmer or other)
- Knowledge about the benefits of wild swimming (can be from personal experience)

Support and training:

- All volunteers receive regular support and supervision meetings throughout their time with Dr Bell's Family Centre.
- All volunteers will receive inductions before starting.
- Any relevant training that may be required will be identified and offered to volunteers.

What you will gain from this opportunity

- Volunteers receive relevant training and an induction before starting their role.
- Ongoing support, guidance and monthly supervision meetings throughout your time at Dr Bell's Family Centre.
- Opportunity to develop confidence, people management and other skills.
- Opportunity to discover more of your local area and spend time outdoors.
- Opportunity to enjoy a cup of tea and meet new, like-minded people.
- Opportunity to give back to your community and help to promote positive mental health.

Availability and commitment

You will need to commit to Thursdays for 7 weeks, which will be arranged with the Engagement Officer. If there are any sessions that you can't attend please link with the Engagement Officer.

Other requirements

Volunteers must be at least 18 years old.

Recruitment process:

This position is subject to a Basic Disclosure check and one satisfactory reference.

Application forms to be returned to:

Vicki Colquhoun on: vicki@dbfc.org.uk

You can also drop your application off at our Centre:

15 Junction Pl, Edinburgh EH6 5JA during 9am – 4pm.