

Mindfulness Dip group volunteer

The role

We're looking for friendly individuals who are non-judgmental and would like to help to create a safe environment, where parents can share feelings and experience mental health wellbeing dips, held currently 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 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:

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

What you will gain from this opportunity

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

Availability and commitment

You will need to commit to the sessions time and day (currently Thursday mornings) for at least 2 terms, which will be arranged with the group lead. If there are any sessions that you can't attend, please link with the group lead.

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.

Scan the QR code to complete our application form



Or follow this link: <https://wkf.ms/3vKJ3TI>