



Sydenham Garden
A growing community

Art & Craft Support Volunteer

The art and craft volunteer role plays an important part in helping Sydenham Garden to support people coping with mental illness to re-establish themselves in the community. The volunteer supports this process through helping with weekly art based workshops.

Volunteer Role Description

Overall Purpose:

To support weekly art and craft sessions for people living with significant illness. You will be volunteering as part of a team of staff and volunteers to support our co-workers in art based activities such as drawing, painting, photography and book-making. Support is to be offered without giving interpretation of co-workers art work and you will be responsible for enabling and encouraging co-workers to produce their own art pieces rather than the volunteer producing art work themselves.

Please note that this role will be subject to an Enhanced CRB check, as you will be directly involved in working with vulnerable adults.

Main duties:

- Help to set up art and craft sessions and clear up after sessions
- Enable co-workers to complete arts based tasks in order to reach their therapeutic goals.
- Support co-workers to reflect on previous goals and set new goals on a quarterly basis
- Support new co-workers in their first sessions, orientating them the work of the project, helping them to meet other people and find their way around the project.
- Talk directly to co-workers about their health and progress
- Participate in pre and post session briefings with session leader and other volunteers, giving feedback when sessions end
- Contribute to the delivery of Sydenham Garden's organisational aims by participating in practical sessions
- Assist with the physical maintenance and general organisation of Sydenham Garden and operating as a member of the volunteer team
- Undertake art and craft sessions in alternative locations and with other groups as required away from the main site
- Welcome visitors to the site and advising people seeking information about Sydenham Garden, including the opportunity to assist with visitors' days, special events and other occasions on and off site
- Attend group supervision sessions and joint co-worker and volunteer meetings

Skills and abilities required:

The basic role requirement is to have an interest in supporting people who have mental health issues in their recovery and development. You need to be able to communicate effectively and empathise with people who have mental health and physical disabilities. We are also looking for someone with creative flair and with experience of arts and/or crafts, either in a professional, educational or at a personal level.

Specifically, we are looking for people with the following abilities:

- Creative with a personal interest and experience in the arts/crafts
- Excellent communication skills - you will need to be able to communicate well with a variety of different people, enjoy meeting new people and have an understanding that it takes time to get to know someone
- Demonstrate sensitivity and an awareness that people may not wish to share their personal stories or situations
- Be patient in the delivery of activities having the time to listen and support individuals during the session
- Be non judgemental, open and accepting
- It is desirable that you will have knowledge of health issues, mental health and physical disabilities in particular
- Ability to work reliably and as part of a team is a key aspect of the role
- Be willing to listen and learn from your experiences.

Volunteer Gains

- Experience of volunteering in a community organisation
- Experience of working with people experiencing mental health issues
- Opportunity to meet new people
- Opportunities for training in areas relevant to the role
- Skills in motivating and enabling others
- Skills development in art based activities

Reasonable travel expenses will be reimbursed and there is a food allowance if you help for over 5 hours in one day.

Availability

9.45am – 12.45am, Tuesday Mornings

Location

Sydenham Garden, 28a Wynnell Road, London SE23 2LW

See link for a map and directions: www.sydenhamgarden.org.uk/contact/finding-the-garden

Contact

Claudia or Katie on info@sydenhamgarden.org.uk or telephone 020 8291 1650