



African & Caribbean Group Support Volunteer

The African & Caribbean group support volunteer role at Sydenham Garden is a vital part of team. Volunteers support people with African & Caribbean heritage to cope with and manage their mental health conditions through weekly group activity.

Volunteer Role Description

Overall Purpose:

To support weekly sessions for people living with significant illness. You will be volunteering as part of a team to support people who use the service to take part in art-based activities, mindful practice, and gardening. You will encourage and empower group members to build confidence, self-esteem and learn new skills. You will help to create a safe space for people to talk about their mental health and to help to contribute breaking down the stigma around mental health in the African & Caribbean community.

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

Main duties:

- Help to set up sessions and clear up after sessions
- Support members to take part in weekly activities to reach their therapeutic goals
- Preparing refreshments (tea, coffee, biscuits)
- Support members to reflect on previous goals and set new goals on a quarterly basis
- Support new members in their first sessions, orientating them with the work of the project, helping them to meet other people and find their way around the project
- Talk directly to members about their wellbeing and progress
- Participate in pre and post session briefings with session leader and other team members, giving feedback when sessions end
- Contribute to the delivery of Sydenham Garden's organisational aims by promoting diversity and inclusivity
- 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

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 a flair for art and craft or gardening, either in a professional, educational or at a personal level.

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

- Someone who identifies as having African or Caribbean heritage
- 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

- Be non-judgemental, open and accepting
- Demonstrate sensitivity and an awareness while supporting people. Patience, empathy, and good listening skills.
- It is desirable that you have some knowledge of health issues, mental health and physical disabilities in particular
- Reliable, punctual, and able to work as part of a team

Volunteer Gains

- Experience of volunteering in a community organisation
- Experience of working with people experiencing mental and physical health issues
- Opportunity to meet new people
- Opportunities for training in areas relevant to the role, including safeguarding and Mental Health First Aid
- Build on existing skills and develop new ones

Availability

One session a week (3 hours). You would need to be available between 1.30pm and 4.30pm each Monday.

Location

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

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

How to apply

Is this the role for you?

Submit your application here: <https://www.sydenhamgarden.org.uk/vol-application/>

Or contact us if you have any questions:

Email info@sydenhamgarden.org.uk or telephone 020 8291 1650 or mob 07529 222 608.