

**Volunteer Role Description – Mental Health and Wellbeing Services****Role Description – Social Activities Supporter**

Employer:	Blackfriars Settlement
Responsible to:	Ad Christodoulou
Service area	Mental health and Well-being
Employments Status:	Volunteer
Hours:	3 hours a week
Availability:	Wednesdays 3-6.00
Duration:	Minimum of 3 months

Role summary

Every Wednesday at 3pm, the Mental Health and Wellbeing members meet to eat food, relax, play games (Scrabble, pool, chess etc.) and enjoy each other's company. We are looking for someone to help organise, join in and support these important sessions.

Role requirements:

- Warm and welcoming manner
- Friendly personality
- Ability to support and encourage a wide range of people

What's in it for you?

- Meeting fantastic people in a voluntary sector setting
- Gain experience of working in the mental health field
- Have the opportunity to practice and develop communication skills
- Gain knowledge of how people recover from and/or live with a mental health difficulty
- Bolster knowledge and experience for career path in mental health (past volunteers have gone on to train as adult mental health nurses/train in psychology)
- Knowledge/experience of voluntary sector work
- We can provide one day of basic training in mental health in variety of topics e.g. women and mental health, self-harm, introduction to mental health

If you would like to become part our charity dedicated to serving our local community, please contact us for an application form by emailing eva.henry@blackfriars-settlement.org.uk or calling 0207 960 4607. Alternatively you can download the application from our website.