

Volunteer Role Description

Role Description:	Music Group Facilitator
Employer:	Blackfriars Settlement
Responsible to:	Ad Christodoulou
Service area:	Mental Health and Wellbeing
Status:	Volunteer
Hours:	Wednesday 3.30-5pm
Duration:	Ongoing

Role summary:

Blackfriars Settlement Mental Health and Wellbeing Service provide activities that are designed to address issues for people who have difficulties around their mental health and to provide a pathway to recovery. MHWBS aims are to address isolation, build confidence, provide skills and training, create opportunities for friendship and development of social skills, share experiences and strategies through peer support, learn life skills, combat stigma and support people into volunteering, work experience and employment.

Members of MHWBS have identified a music workshop as beneficial to their recovery process. Instruments have been purchased and all we need now is someone who will bring that session to life.

Responsibilities:

You will work with a mixed ability group (there are no musicians, although two members have some knowledge of guitar chords) and others are happy to bang drums. Flexibility is essential in order to meet the expressed needs of group, but also experience of assessing skills and being able to guide the group accordingly. For instance, picking a song/methodology that involves all group members.

You will be supported by Service Coordinator in planning and reflection of practice.

Role Requirements:

Essential: Knowledge of at least one musical instrument
Warm, friendly personality and a good team player
Good listening and communication skills
Ability to have fun
Flexible to needs of group and willingness to reflect on and develop practice.
Preferred: Experience of working with people with mental health difficulties

What's in it for you? You will gain experience of working in the mental health field and have the opportunity to practice and develop communication and teaching skills. Bolster knowledge and experience for a career path in mental health (past volunteers have gone on to train as adult mental health nurses). Knowledge/experience of voluntary sector work. One day basic training in mental health in variety of topics e.g. women and mental health, self-harm, introduction to mental health. Travel expenses will be reimbursed.

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 4619. Alternatively you can download the application from [website](#).