

Listen & Connect Volunteer

Community Connect Workshop Lead Role



Community Connect is an individual and community mental health & physical activities engagement programme. We offer a trauma sensitive, innovative, and strengths-based community response to isolation, loneliness, social exclusion, mental ill health, and physical inactivity.

The service offers a safe space for adults to feel heard and to talk about what is important to them. What makes us unique is that the service sits within a wider network of The Active Wellbeing Society programmes which means we can offer practical solutions with links to Share Shacks and food support.

We offer individualised support via an engagement strategy based on a combination of telephone, direct support and groups; working towards understanding what is important to the person so to co-create personalised support. We aim to increase levels of connection, belonging and movement.

Volunteering with the Community Connect Team you will be developing and running a group that will help people move forward with accessing support, gaining social structure and then setting and working towards personal goals by sharing your skills and or knowledge to help people engage within the project.

As a listen & connect volunteer, you can expect:

- A fun and welcoming team, and we have lunch together on site every session
- Full training and induction to volunteering on the project and each task
- To be kept in the loop about plans for the project and good news stories
- Expenses, including mileage covered in line with our Volunteer Handbook
- To always have a point of contact should you have any questions
- The opportunity to build skills and confidence through an individual development plan

We're looking for someone who is:

- Punctual, willing to work with others, empathetic and non judgemental
- Confident and comfortable initiating conversations
- Able to identify and respect boundaries with a range of individuals
- willing to take on some FREE additional training, supported by our teams.

If you want to support others to make positive changes to their lives to increase their mental wellness and physical wellness, we want to hear from you!

WHEN & WHERE:

Ladywood Share Shack

**194 St Vincent Street West, Ladywood, Birmingham,
B16 8RP**

Various times between 10am-4pm, Monday to Friday

**SIGN UP
ONLINE**

An Enhanced DBS Check and two references will be required for this role.