**Volunteer Role Profile**

**Role: North East Essex Sanctuary Volunteer
Location: Colchester/Clacton/Harwich**

**Time commitment: Various evening and daytime 6-7 hour roles available. Ideally available once a week to support our teams**

Mid and North East Essex MIND are affiliated to the national Mind charity and provided a range of mental health services across Mid and North East Essex.

We are undergoing an exciting period of growth and have a fresh new mission to listen to our communities, offer compassionate and inclusive mental health services, resources and practical support to promote wellbeing for everyone.

We are looking for enthusiastic, friendly and community minded volunteers to help support our new North East Essex Sanctuary.

If you would like to play your part in supporting better mental health in your community, we would love to hear from you.

**Main tasks:**

**To support the Senior Support Workers and the Support Workers with the following tasks:**

* Provide a welcoming environment for people when attending the North East Essex Sanctuary in person.
* Make tea and coffee.
* Support the delivery of activities, to support mindfulness and decrease social isolation as required.
* Make “keeping in touch calls” to people that use the service.
* Support service users when attending groups within the community.
* To update the Senior Support worker of any information pertinent to the service users mental health or individualised support plan.

**We are looking for someone who is:**

* Warm and welcoming.
* Confident and can establish effective working relationships with teams.
* Be empathetic.
* Able to adapt to the changing work environment and display a positive attitude through periods of change.
* Able to provide reliable support.
* Is knowledgeable of other community services within the local area.

**We can offer you:**

* The opportunity to gain experience of working as part of a busy team.
* Induction and on-going training, in topics relating to your role.
* On-going support and role catch ups.
* Experience of working in the charity sector.
* The opportunity to learn new skills.
* Reimbursement of out of office expenses incurred while carrying out activities for Mid and North East Essex Mind, e.g. travel.