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| **Volunteer Role Description**  **Mindfulness Volunteer – S Glos** | |
| **PLACEMENT DETAILS** | |
| **Overall purpose of role:**  To provide guided meditation/mindfulness sessions to a group of marginalised clients to aid them in their recovery. Our clients are Adults 18+ in recovery for drugs and/or alcohol use and may also be homeless/at risk of becoming homeless.  Services such as this are often out of financial reach for our clients yet have been proven to help people in recovery manage their anxiety and reduce social isolation. We have three hubs in South Gloucestershire: Warmley, Yate and Patchway. We would love to be able to run the sessions in all three hubs but understand that this may not be feasible so will work with the volunteer(s) with regards to their preferred hub location.  **Key responsibilities:**   * Deliver weekly sessions to clients. * Be aware that some clients may be more vulnerable due to trauma so adapt sessions accordingly. * Attend regular check in sessions with assigned line manager/staff member to ensure own wellbeing.   **Who we are looking for:**  If you have skills in delivering guided meditation or mindfulness sessions, have an interest in making a difference to people who are socially excluded and are warm, caring and compassionate have you thought about sharing these skills through volunteering?  If so, would you like to spend a couple of hours a week helping the most marginalised in our society manage their anxiety and gain confidence? We are looking for people who want to share their meditation and/or mindfulness expertise and all the benefits that this holistic therapy can bring with our clients. Meditation and mindfulness have been shown to be essential tools for sustaining long-term recovery so please apply now and you could play an important part in someone’s recovery journey. | |
| Time commitments: | Minimum one hour a week. We would like to be able to run these sessions continuously for as long as possible so ideally ask for at least a three-month commitment.  Wednesdays preferred but we can work around volunteer availability. Sessions will ideally be during the day. |
| Location of role: | Warmley, Yate and/or Patchway. It depends on volunteer’s location, where they are willing to travel and how many hours they would like to volunteer a week. |
| **VOLUNTEER PROFILE** | |
| Professional qualifications or experience REQUIRED: | Public liability insurance.  Registered with a professional body.  Qualifications/previous experience in leading mindfulness and/or guided meditation sessions with adults. |
| Professional qualifications or experience DESIRABLE: | Experience of working with adults who are in recovery, have past trauma or have mental health issues. |
| Soft Skills REQUIRED: | *Fit with DHI Values (Self-Direction, Stimulation, Zest for Life and Flexibility).*  *Plus:*  Calm, relaxing manner  Able to work in situations that have the potential of becoming stressful/emotionally challenging. |
| This role is not suitable for under 18’s.  This role can accommodate applicants with disabilities. Buildings in Yate and Warmley are wheelchair accessible (not Patchway) and sessions can be held on the ground floor. | |
| **VOLUNTEER SUPPORT/BENEFITS** | |
| A remote (via teams) standard basic induction is provided to all new volunteers and an in-person induction about the role and the services is provided by direct supervisor to ensure volunteers gain an understanding of the service.  Monthly 121 meetings with direct supervisor and Staff always present on site to offer advice and support. | |
| Travel costs are reimbursed plus if the volunteer works 4 hours or more a £3.50 contribution to lunch is offered. Other expenses such as equipment may be able to be covered, this would have to be agreed upfront. | |
| All volunteers are covered by DHI professional indemnity insurance. | |