

## Volunteer Role: Art Facilitator Volunteer

### County: Bridgend County Borough and Cardiff

MHM Wales would like to start a flower arranging group which will help people learn new skills offering an opportunity for people to be social, to make new friends, and to have people in their community they can rely on. **But we can't do this without YOU.....**

### What will I be doing?

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MHM Wales is looking for a volunteer floral designer to lead a group of enthusiastic people within our Wellbeing Hubs

You will help to set up activities, deliver sessions and engage service users to get the most out of the activities

This is a great opportunity to take part in fun and interesting sewing activities, meet new people, and engage with people who have been affected by Mental Health.

Your Role will include:

- Be responsible for designing, and co facilitating a weekly fine art painting group with service users from MHM Wales Wellbeing Hub
  - Organise and facilitate an art group activities
  - Support service users to participate in the activities by giving encouragement
  - Be committed to plan a course programme based on members' views and needs
- Getting involved in our events programme
- Working in a team
  - Carry out administrative activities associated with activity sessions including recording session attendance and setting up activities areas with the required equipment and resources
  - Lead an the group

### What skills and qualities can I bring to this role?

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- To have a good knowledge of art, painting
- To be committed to attend Supervision group meetings and/or any other required event, training and meeting
- To be committed to design and facilitate a course in your area of expertise with the support of a member of staff
- To work with a member of staff to prepare your course/ lesson plans for the whole duration of the course and before the start of the course
- To be proactive in promoting your own course
- To be responsible for creating a list of equipment and material needed within the allocated budget

- To be in time, abstinent, committed and well presented
- To be receptive to the views and opinions of the group
- To assist the students to understand the purpose and benefit of the course, and its ground rules.
- To ensure that service users feel at ease, and that all are able to participate equally
- To ensure that the room and the students remain safe and secure and that group sessions work within their time allocation
- To support the students through potential conflict areas and work with them to resolve conflict
- To record students attendance and feedback at every session by using the relevant forms
- To ensure that all classes are appropriately organised, arrangements communicated and that the relevant risk assessments have been completed
- Are committed, patient and reliable to support the aims of the service
- Have good communication skills when dealing with staff and volunteers
- Ability to work with people who may have offending behaviour, substance use and/or mental health, with sensitivity and respect
- Able to commit to a regular timeslot of your choosing each week.
- Previous experience of group facilitation is desirable but by no means essential.
- Understanding of the causes of mental health and its impact.
- Ability to work with people who have range of mental health issues, with sensitivity and respect.
- Willingness to attend accredited training to develop you in your volunteer role
- 18yrs +

## When will I be needed?

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Flexible according to your availability (Minimum of 1.5 hours a week) Available Monday to Friday

## Location

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Opportunity to attend our 5 Wellbeing Hubs throughout the Bridgend County Borough and Cardiff based in The University Hospital Wales and St David's Hospital Cardiff

Must be willing to drive and organise your own transport

## What will I gain from the role?

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- Experience working for one of Wales's Leading Mental Health Charities in a marketing role.
- Be part of an ever growing team supporting new and exciting services supporting those affected by mental health.
- Personal satisfaction from helping MHM Wales fight the stigma and discrimination associated with Mental Health.
- Learn new skills.

- Meet new people and strengthen your local community.
- Can help with CV and personal development
- Additional accredited training provided
- Out of pocket travel expenses will be reimbursed.

## What support will be given?

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- Induction training to prepare you to volunteer and access to additional training
- Regular Supervision and support from the Volunteer Manager.
- Opportunity to attend MHM Wales team meetings
- There is a dedicated Volunteer Services team to support your volunteering

## How do I apply?

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Please contact the Michelle Williams on 0300 10 249 70 or [volunteering@mhmwales.org](mailto:volunteering@mhmwales.org) for an application pack.