

Volunteer Role: Yoga and Mindfulness Facilitator Volunteer

County: Bridgend County Borough and Cardiff

- Are you a qualified Yoga instructor?
- Do you want to help people who have suffered domestic abuse?
- Do you want to be a part of facilitating people to rebuild their lives, stay active and keep healthy?
- If so, we really need your help.

What will I be doing?

You will be facilitating the group yourself but will always have staff support and co-facilitation. Generally groups are quite relaxed with an informal structure but you are very welcome to bring your own ideas and plans for the group. We will provide all necessary materials

What skills and qualities can I bring to this role?

- To design lessons plans which will enable group members to increase fitness and suppleness, to relax and to increase their general well-being.
- Applying knowledge of anatomy and physiology to teaching movement, yoga postures and breathing techniques.
- To be able to recognising the needs of beginners, experienced students and mixed age/ability groups.
- Keeping a list of individuals who attend and sending this to supervisor
- Able to commit to a regular timeslot of your choosing each week.
- Previous experience of teaching and/or 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 training to develop you in your volunteer role
- 18yrs +

When will I be needed?

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

Location

Opportunity to attend our 5 Wellbeing Hubs throughout the Bridgend County Borough and University Hospital Wales

Must be willing to drive and organise your own transport

What will I gain from the role?

- 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
- Travel expenses

What support will be given?

- 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
- Out of pocket travel expenses will be reimbursed.

How do I apply?

Please contact the Michelle Williams on 0300 10 249 70 or volunteering@mhmwales.org for an application pack.