



Volunteer Vacancy: Wellbeing Drop-Ins

Volunteer Role: Wellbeing Drop-Ins Volunteer

Day/Time: Mondays, Wednesdays & Fridays between 1pm - 5pm

Location: Mid Kent Mind Wellbeing Centre, Maidstone

Reporting to: Services & Compliance Lead/Head of Services

Overview

We are looking for calm, confident and friendly individuals who can assist and support with the weekly running of our Wellbeing Drop-Ins - an open access provision for any member of the public.

Key Responsibilities

- Support the safe and effective running of the Wellbeing Drop-In sessions.
- Act as a second safe-guarder - raising any concerns you observe during sessions.
- Make beverages and host activities as requested.
- Working with a friendly team of staff and volunteers.
- Helping to set up and pack away after the Wellbeing Drop-In sessions.

Volunteer Requirements

- A calm and friendly manner.
- Good at listening non-judgementally to the experiences of others.
- Willing to participate in training, and staff activities.
- Patience and confidence within a potentially busy group environment.
- Essential - reliable, with excellent time keeping skills.
- As an equal opportunities employer, we encourage applications from people of all backgrounds. We particularly welcome applications from individuals with lived experience of mental health.

Our Vision

We strive to ensure that everyone with mental health problems in our communities feel enabled to contribute to society in meaningful and rewarding ways. We work tirelessly to support individuals as they unlock the power and strength they hold within - helping them to achieve their potential and meet their goals.

How to apply

Ready to join us? Please complete the downloadable volunteer application form found on our volunteering page.

We can't wait to hear from you, and look forward to welcoming you onto our team!