

Community Development Volunteer

(City-wide)

About Birmingham Mind

We are a leading provider of mental health services in Birmingham and the West Midlands. We offer high quality services that support both recovery and wellbeing and we actively work with people so that they can be in control of their lives. With respect for the individual at the forefront of all the work we do, Birmingham Mind has a well-earned reputation for excelling in quality. With over 50 years' experience of supporting people with mental health difficulties within our local communities; we always strive to challenge the stigma that surrounds mental distress. Our people are key to the success of the organisation and we are recognised as both a Mindful Employer as well as achieving Gold standard success in Investors in People.

About the service

The Birmingham Mind Community Development Worker Service (CDWs), work with communities across Birmingham to promote discussion around mental health and wellbeing through various training, workshops and activity sessions. Focusing on working with all communities, groups and leaders; they work to increase knowledge of mental health and wellbeing, encourage greater self-awareness and self-management as well as to increase community engagement and cohesion citywide.

The service has seven different projects which all look at different aspects of wellbeing as listed below:

- **Women's Health:** this project provides a safe space to talk about the importance of women's health and wellbeing, including during and immediately after pregnancy, and will be working with women who are survivors of domestic abuse, and the importance of positive relationships.
- **Men's Health:** this project engages with men to find out men's coping strategies to mental health and wellbeing within the different community groups.
- **Newly Arrived Communities:** offers support and signposting for newly arrived communities in Birmingham, i.e. asylum seekers and refugees, advising them of health, wellbeing and housing services. We also deliver workshops in health and wellbeing, to help reduce feelings of isolation and to promote integration.
- **Supporting Families:** is a project to assist in identifying the needs of families with carers, mental health issues, debt and self-harm behaviours and works to address

the needs of families within the city providing resourcing and signposting information.

- **Criminal Justice:** the project looks to identify barriers faced by ex-offenders on release from prison. We support them in their journey reconnecting with society, as well as supporting their friends and family.
- **African Caribbean Communities:** a project which provides a meeting place for community members, to identify common issues concerning their community, in order to maintain cultural activities and promote understanding and equality.
- **LGBTQ Communities:** this will be a new project that looks to address the barriers faced by LGBTQ people, improve mental health and wellbeing and provide opportunities to connect and share experiences

About the role

As a community development volunteer, you will be involved in the development and delivery of online and face to face sessions alongside a member of our staff team. These sessions may be on a variety of topics and aim to raise a greater awareness of mental health, positive coping strategies and encourage individuals to access additional services when needed. You will challenge the stigma that surrounds mental health.

We are seeking individuals who are confident in presenting training material and in building links with communities throughout Birmingham. Ideally, we are seeking individuals with lived experience of mental health difficulties who are willing to share their experiences in a positive and hopeful way.

You will volunteer alongside a member of staff to provide support for service users in face to face or online settings.

You will receive training and regular supervision to support you in your role, and have the opportunity to take part in volunteer meetings with the volunteer coordinator.

Please Note use of a personal laptop and internet connection will be required for this role.

Tasks:

- To contribute to the development and preparation of sessions around awareness of mental health, positive coping strategies and holistic approaches to wellbeing
- To co-facilitate these activities alongside a member of the staff team
- To provide a positive and welcoming atmosphere
- To encourage discussion and participation in sessions
- To support individuals to access additional services where needed
- To build links within different communities and develop a greater awareness of mental health needs

Skills:

- A positive attitude towards individuals who are experiencing difficulties in their mental health
- Confident to present training material alongside a member of staff
- A calm, patient and non-judgemental approach
- A friendly and approachable manner
- Excellent communication and listening skills
- Confident in the use of IT technology (ideally with experience of using Zoom/Microsoft Teams)
- Able to engage with others and encourage participation
- Reliable and punctual, able to commit to volunteering regularly
- Ideally, we are seeking individuals with lived experience of mental health difficulties

How to Apply:

If you are interested in applying for this volunteering position or any other position with Birmingham Mind then please contact the Volunteer Coordinator, Eamon Reynolds:

Telephone: 0121 262 3555

Email: Volunteer@Birminghammind.org

Notes:

Birmingham Mind is a Registered Charity. We support up to 5000 people experiencing mental health difficulties at any one time. We have a range of residential care homes, supported housing, day services, outreach services and prevention services. We also deliver workplace wellbeing training.

Birmingham Mind is affiliated to National Mind.

Charity Number: 1003906

Our Vision is: Better Mental Health for All

Our Values are:

- **Respect:** *Respect for the individual*
- **Partnerships:** *By working together we are more effective and inclusive*
- **Recovery:** *enabling each individual's unique and personal recovery journey wherever and whenever we can*
- **Wellbeing:** *Actively working to educate and encourage people to look after their mental, emotional and physical wellbeing*
- **Prevention:** *building resilience and challenging stigma in and across communities*

Birmingham Mind's Vision and Values apply not only to all our service provision but also to how we treat each other and how we are as an employer