

Required skills and experience needed to be a Activity Assistant Volunteer	
Areas	What you will need to be able to do
Knowledge & Experience	<ul style="list-style-type: none"> • Good understanding of mental health and wellbeing • Have an awareness and understanding about the organisation and what services it can offer (training provided) • Have an understanding and awareness of how to support someone in distress • Have an understanding of, and commitment to equal opportunities, diversity and people's rights
Skills	<ul style="list-style-type: none"> • Ability to create connections with people • Ability to listen and encourage engagement • Ability and commitment to keeping information confidential • Ability to de-escalate in difficult situations
Personal Attributes	<ul style="list-style-type: none"> • To be reliable, punctual and flexible • To be organised • To be open to on-going learning • To let us know if the role is becoming too demanding • To connect with a wide range of people who may have differing opinions to your own • To be calm and avoid conflict – Non confrontational
Additional Requirements	<ul style="list-style-type: none"> • Able to travel to Wellbeing centre and other locations • Able to use email and phone • Willingness to have a DBS check

Training & Support Offered	
	<ul style="list-style-type: none"> • Mental Health First Aid • Professional boundaries • 1:1 supervision • Safety and Work • Safeguarding Adults • Volunteer Induction
Role Requirements	
	<ul style="list-style-type: none"> • To support people attending Waves recovery programme to engage with different creative and social activities at the Wellbeing Centre or other venues • To help organise and facilitate different creative and social activities • To be Inclusive, non-judgemental, represent NCNM according to our codes of conduct etc • To liaise with Waves manager for smooth running of all activities

Notes – Please bring this with you to your meeting with us