

Thank you for your interest in becoming an Activity Assistant Volunteer!



Here is a little more information to give you a clear understanding of the role and us:

What do our Activity Assistant Volunteers do?

Being an Activity Assistant means getting involved to help the organisation and running of activities for the people attending our recovery programme. It's about encouraging people to try new things, experiment and discover new ways of expressing themselves and finding enjoyment. This can vary from abstract art and improvisation workshops to dance workshops and educational talks.

Who makes an ideal Activity Assistant?

The most important qualities that are essential to the role are:

- You will need to be enthusiastic and positive about trying new things, encouraging individuals to step outside their comfort zone in a gentle and supportive manner.
- You may have to try things that are new for you too, and so being able to sit with the uncomfortable feeling of being out of your comfort zone is important too.
- You must be OK with not getting things right first time and maybe sometimes even be ok with making a fool of yourself!
- This last point is really important. **You'll get support from the team, but this is not a support service in itself.**

Training and Support

We want to make sure you get the most out of the role so we will start out by orientating you to the organisation and how your hard efforts will help others. We will train you in how to share your story, how to draw on the team of volunteers we already have and a little bit about professional boundaries. There will also be the potential to have further training.

Closing date for this application is

You will need to be available for interview on

[Download the criteria list for a comprehensive look at the role and how to apply](#)