

## Volunteer Role: Knitting Volunteer

### County: Bridgend County Borough and Cardiff

Our knitting groups provide an opportunity for people to be social, to make new friends, and to have people in their community they can rely on. It is also a good opportunity for people to still feel useful and to be able to give back to their community. Knitting groups create an array of knitted materials from items for premature babies to twiddle-muffs for people with dementia. These goods are given out locally and even internationally.

### What will I be doing?

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MHM Wales is looking for a volunteer knitter to lead a group of knitters within our Wellbeing Hubs

You will help to set up activities, deliver sessions and engage service users to get the most out of the activities

This is a great opportunity to take part in fun and interesting knitting activities, meet new people, and engage with people who have been affected by Mental Health.

Your Role will include:

- To organise and facilitate knitting group activities
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- Support service users to participate in the activities by giving encouragement and further information about the content and purpose of the activities
- Carry out administrative activities associated with activity sessions including recording session attendance and setting up activities areas with the required equipment and resources
- Lead an activity

### What skills and qualities can I bring to this role?

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- Interest in knitting or other crafts
- Willingness to support other volunteers
- Able to commit to a regular timeslot of your choosing each week.
- Previous experience of 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 accredited training to develop you in your volunteer role
- 18yrs +

## When will I be needed?

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

## Location

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Opportunity to attend our 5 Wellbeing Hubs throughout the Bridgend County Borough and Cardiff  
Based in the University of South Wales and St David's Hospital Cardiff.

Must be willing to drive and organise your own transport

## What will I gain from the role?

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- 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
- Out of pocket travel expenses will be reimbursed.

## What support will be given?

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- 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

## How do I apply?

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Please contact the Michelle Williams on 0300 10 249 70 or [volunteering@mhmwales.org](mailto:volunteering@mhmwales.org) for an application pack.