

## **Volunteer Role: Music Volunteer**

### **County: Bridgend County Borough, Cardiff.**

Our Music Session Volunteers work with our Wellbeing Co-Ordinators to plan, run and evaluate accessible music sessions with people of all abilities including Cognitive Impairments. MHM Wales plans to hosts group music making and listening sessions, drum circles, guitar workshops, singing groups with your support!

We are keen to hear from volunteers who have a love of making and/or appreciating music. At Mental Health Matters Wales, you will get the opportunity to bring your commitment, compassion, energy and enthusiasm to make a real impact on the work we do.

We are especially keen to hear from those with great people skills and who have the ability to communicate effectively with a wide range of people. If you can play an instrument and sing, that is even better (although by no means essential).

### **Could You?**

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#### **Could you:**

- Help organise great musical things to happen?
- Play an instrument or sing with others?
- Enjoy listening to music with somebody?

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

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- Passionate about providing activity sessions
- Reliability, consistency and dependability
- Good conversational and listening skills
- An ability to work independently but also stay within the role's boundaries – recognising when to seek advice or report concerns
- 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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Around 6 hours/ month, ideally for a minimum of 12 Available Monday to Friday

## Location

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Opportunities throughout Bridgend County Borough, Cardiff based in The University Hospital Wales and St David's Hospital.

Must be willing to drive your own transport in areas where there is no public transport and use of own mobile telephone whilst out on visits.

## 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 MHM Wales on 0300 10 249 70 or [volunteering@mhmwales.org](mailto:volunteering@mhmwales.org) for an application pack.