



The Trust for Developing Communities

Community Base, 113 Queens Road

Brighton, BN1 3XG

01273 234769

www.trustdevcom.org.uk

Volunteer Opportunity

BAMER (Black, Asian, Minority Ethnic and Refugee)

Mental Health Support Group

Information and application pack

How to apply: Email a CV and cover letter to ratnajanbibi@trustdevcom.org.uk answering the following questions:

1. Why are you interested in this (BAMER Mental Health Support Group) volunteer opportunity?
2. What experiences (voluntary or paid) do you have of organising activities for BAMER communities?
3. What is your knowledge of the BAMER communities, and what do you think are the barriers for them to improve their mental health and wellbeing?
4. Your ability to communicate in both English and other language/s.
5. How long are you able to volunteer for? (Depending on number of volunteers we have, we are looking for students to volunteer 2/4 hours per week, January to September 2020, during term times.)

Application deadline: 9am, Monday 2nd December 2019

Group interview: 1-3pm, Thursday 5th December 2019

Group induction: January 2020

Volunteer start date: January 2020

More information: If you have any questions, or would like to talk through the BAMER mental health support group volunteer opportunity, email ratnajanbibi@trustdevcom.org.uk to arrange a telephone chat.

Introduction.

The Trust for Developing Communities (TDC) is delighted to offer proactive and personable students the opportunity to volunteer on the BAMER Mental Health Support Group. This is being delivered by TDC as part of the Community Roots commission (www.communityroots.org.uk), a mental health and wellbeing support service across Brighton and Hove.

About. The Trust for Developing Communities is a dynamic and growing charity tackling inequality in the City of Brighton and Hove. We are an independent charity with a proud 20-year track record of delivering community development work to empower communities in Brighton and Hove. We are a value driven organisation which believes in social justice, equality and collective action. We believe community led solutions produce lasting and meaningful change, and strong communities are the key to health and happiness.

Our work includes significant local authority contracts to deliver community development directly in neighbourhoods across the city; extensive youth work and citywide work to address inequalities with BAMER communities and with older people. We work with people and communities facing challenges, supporting them to address their specific needs and problems to take more control of their own lives.

BAMER Mental Health Support Group. The BAMER Mental Health Support Group is the first support group of its kind in Brighton and Hove. The project aim is to enable BAMER communities to play a greater role in improving their health and wellbeing by learning about different conditions and by accessing available services. Building on our established relationships and partnerships, the BAMER mental health support group will:

- Represent and support BAMER communities across Brighton and Hove.
- Enable these BAMER groups to be a support for their members and their community.
- Raise awareness of different health conditions, including both mental and physical health.
- Enable BAMER communities to access available mental health services.
- Enable the most marginalised service users to articulate their needs to service providers.

The Role. TDC is delighted to offer BAMER mental health support group volunteer opportunities to students with knowledge of BAMER communities, and experience of speaking English and another language. You will utilise your communication skills and cultural knowledge to support BAMER residents across Brighton and Hove to improve their health and wellbeing.

Working alongside TDC staff and mental health service providers, two volunteers will work in pairs to help deliver the BAMER mental health support group, which consists of community development, planning, marketing, delivery, evaluation and documentation.

The Commitment. The role is voluntary and requires the commitment 2 / 4 hours per week during term time and additional hours for training, planning and evaluation. If you wish to volunteer or apply as a pair, please highlight this in your cover letter by mentioning the name of the person you wish to volunteer with on this project.

What you will gain from this role:

- Experience in asset based community development.
- Knowledge and experience of challenges and opportunities faced by BAMER communities when it comes to improving their health and wellbeing.
- Chance to develop new skills, enhance your CV and gain references.
- Experience of BAMER outreach, project and event planning, delivery and evaluation.
- Remuneration: Voluntary role with expenses reimbursed

Skills required:

- Reliable, proactive, personable and enthusiastic.
- Knowledge and experience of BAMER community.
- Communication skills in both English and one other language such as Arabic, Bengali, Hindi, Urdu, Cantonese, Portuguese, Polish, Russian, Romanian and Turkish etc...
- Welcoming, friendly and polite manner towards people of BAMER backgrounds.
- Willingness to help out with a variety of tasks including setting up, clearing, helping with delivery of sessions, collating DATA , writing blog posts, documenting sessions, serving refreshments and most importantly, creating a welcoming space that will enable all attendees to improve their mental health and wellbeing.
- Ability to implement health and safety policy.

Training and support: Training will be given for all tasks which the volunteer is asked to undertake.

Volunteer location: The Trust for Developing Communities, 113 Queens Road, Brighton BN1 3XG

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