



Role description for Yoga Volunteer - Peer Group Network

REPORTS TO: Peer Group Network Manager

HOURS: 1.5 hrs a week/ biweekly

BASED AT: Richmond

DUTIES CAN INCLUDE:

- Setting up the room and setting down
- Creating a welcoming and friendly environment for Peer Group attendees
- Being on hand to help or assist if a member needs anything
- Taking a register and emailing / calling the Peer Officer with names
- Distributing flyers to promote the service

SKILLS / ATTRIBUTES & ABILITIES REQUIRED:

- Compassionate, enthusiastic, reliable, patient and non-judgmental approach.
- Ability to communicate clearly and motivate others.
- Able to commit to a minimum of 6 months.
- Ideally someone with an interest in/experience of mental ill health.

WHAT WE OFFER:

- Travel and lunch expenses (in accordance with volunteer expenses policy)
- Training on relevant IT software and paperwork systems
- References (after completion of 3 months volunteering with us)

If you would like to join our growing team of Peer Group Network Volunteers, we would love to hear from you! Please email your application to: peer.network@rbmind.org

Charity number: 1146297 Company number: 7954134