



Volunteer role – Artists/Creatives

Overview

Our mission is to improve the lives of people with mental health challenges in South Kent. Our aims are:

Build Resilience

We will empower people towards resilience by raising awareness, educating, and providing early intervention opportunities aimed at preventing problems occurring or reoccurring wherever possible, or reducing their impact if they do.

Provide Relief

We'll listen, give support and advice, provide comfort and relief through a wide range of services across South Kent and develop and grow our provision/services accordingly.

Aid Rehabilitation

We support people on their road to recovery so they can reintegrate with their communities and provide wider support with a long-term view of ensuring a positive, healthy, inclusive and productive environment.

Role

To host regular art sessions with people accessing our services;

- Engage and encourage
- Introduce new skills

Details

South Kent Mind delivers a growing range of services for people with mental health problems. We recognise the need for our members to have access to a creative output. The aim of the session is to introduce people to the benefits of having time to be creative for their mental wellbeing. It is also to support people that have been unwell to get back into activities in their community.

Using your creative skill set, to plan, engage and deliver creative sessions.

The role is flexible to weekly, fortnightly or monthly

The role is flexible in creative content

Skills

You will need to be:

- Confident in leading a session over zoom and face-to-face
- A great communicator, cheerful, chatty and professional
- Passionate about South Kent Mind's aims and mission

If you would like to know more about volunteering for this role please email
claire.burns@southkentmind.org.uk