## 

Renfrewshire Community Services

## Peer Volunteer - Singing for Wellbeing Group

# Role Title: Peer Volunteer – Singing for Wellbeing

**Location:** Renfrew

**Responsible to:** **RCS** Community Support Worker who supports the group

# Hours of Duty: TBC – Group Meets on Monday Afternoon

**What is the Singing for Wellbeing group?**

The Singing for Wellbeing Group meet weekly, it allows a space for individuals to improve their mental health wellbeing and sustain their own personal recovery through communal singing. The group is a warm sociable space for members to have structure and fun in their week.

**Main Purpose of Role:**

As a volunteer in the Singing for Wellbeing group, you will support service users to improve their own self-management skills by encouraging them to sing various songs but also, bring your own skills to help give the group members confidence and develop their skills.

The group takes place in Renfrew every Monday between 3pm-4.30pm. This may at times also include providing support to co-facilitate the group.

**The Aim of the Group:**

RAMH provides a weekly singing group in the local community which increases the service user’s skills around singing, being part of a group, and helps sustain good mental health. The group is warm and welcoming place for people to develop and learn more about singing and performing with other people who have difficulties with their mental health.

**Roles and Responsibilities:**

* To assist the group in selection of music, songs and material to be sung at the group.
* Supporting and encouraging members of the singing for wellbeing group to build on positive self-management skills that enable the group members to sustain their recovery
* Be welcoming, being enthusiastic, motivate and interact socially with the group members
* To bring your own skills to help develop group member’s confidence.

**Other Skills / Requirements**:

* Friendly, welcoming and encouraging good communication skills
* Observant and sensitive to the needs of the members of group
* Able to work independently but with guidance and support
* Confident at speaking in front of a small group
* Confident to sing as a part of a group
* Passion for singing and music
* To adhere to RAMH Code of Conduct and Confidentiality policies
* To participate in relevant training as required by RAMH

**Level of Commitment:**

* Hours to be discussed and agreed at interview
* The peer volunteer role will be reviewed after a period of 1 year

**Volunteer Support:**

The volunteer can expect to be supported by a network of support including

* An identified worker within the Renfrewshire Community Service
* Regular support and supervision from RCS worker who supports the group
* Reimbursement of volunteer expenses

**Training:**

* Appropriate training including induction will be given as well as “on the job” training and feedback
* Access to RAMH training

This volunteer opportunity will offer the chance for an individual to enhance their skills and increase employability opportunities.

Person Specification

## Volunteer - Singing for Wellbeing group

**Essential Desirable**

|  |  |  |
| --- | --- | --- |
| Good listening & communication skills | ü |  |
| Musical experience with possible knowledge in relevant areas such as pitching & harmonising |  |  |
| The ability to be sensitive & respect confidentiality | ü |  |
| Commitment to efficiency & good standards work | ü |  |
| Patience & an ability to relate to services provision | ü |  |
| Reliable, honest & trustworthy | ü |  |
| Understanding of mental health issues &  impact on individuals |  |  |
| Experience of working in a group setting |  |  |

**Volunteer……………………………………………………………..Date……………….**

**RCS Worker…………………………………………………………..Date……………….**

**Line Manager…………………………………………………………Date………………**

**Post Review date…………………..**