



BRIDGE THE GAP

01332 600827

INFO@JWBRIDGETHEGAP.COM

## **Bridge the Gap Child Mental Health C.I.C.**

### **Volunteer Role**

We are looking for people who:

- want to have a positive impact on the lives of children.
- have you a genuine passion for promoting positive mental health.
- have experience caring for children and young people.
- preferably have a U.K. driving licence.

Do you want to be part of a team that is innovative, creative and kind?

Bridge the Gap are looking for volunteers who can commit two hours a week to deliver our community programme for primary school aged children called *Compassionate Crafts*.

***Compassionate Crafts*** is a low-level Emotional Literacy creative course that runs for 6-weeks and supports children to explore emotions with safe and compassionate adults.

Sessions usually take place outside of school hours, we do have limited options to support within school hours so if this is your only option then please email [helensimpkin@jwbridgethegap.com](mailto:helensimpkin@jwbridgethegap.com) (volunteer coordinator) to discuss your availability, if we have a need at the day and time you are available we will request you fill out an application form, if not we will let you know and encourage you to get in touch should anything change.

We are also looking for volunteers who would like to support at our ***Community Peri-natal and Infant Mental Health Groups***. These sessions are delivered at the family hubs across the city, this is a funded project, but our aim is to use the duration of the project to recruit and train volunteers who can continue this work after the funding finishes. These sessions run during school hours so we are looking for people who can commit to either a morning, afternoon or the full day.

The groups offer a safe and non-judgmental space to support expectant and new parents with their well-being, signposting for additional support when needed and supporting parents with that process. We also welcome children to the sessions, usually under 5's, so we can nurture their emotional literacy development and empower parents with tools to support children with the big emotions that present when a new addition enters the family.

These sessions are creative and play based.



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### What happens next?

Once you have completed an application form our volunteer coordinator will be in touch, please make sure that you include up to date contact information on your form and keep an eye out for any communication, Helen will then arrange a convenient time for you to have an informal interview.

If both parties agree that they can work together then Helen will arrange to take some details for an enhanced DBS check. Once this has come back, we will arrange for you to have a meeting with Helen to explain all of our policies and procedures, it is at this meeting you will then have access to our online learning portal, it's also nice for you to come in and meet the team and have your ID photo taken.

### Why do I need an interview to volunteer?

At Bridge the Gap we support children and parents that can be experiencing challenges in their life, some children come to Bridge the Gap because it is fun and they enjoy learning about emotions, whatever the reason it is vital that we have trusted and safe adults that we feel are suitable to work with children and their families.

Every volunteer is representative of Bridge the Gap and our values and not everybody is suitable, they might have different strengths and skills that are better suited to another charitable organisation – you are donating your time so it's important that you feel you are having an impact, and you feel fulfilled by your volunteering role.

It's also important for us to gauge your commitment at this stage, children require consistency, and we need all of our volunteers to be punctual and reliable. It's a natural part of life that unexpected things happen but we also require a strong understanding of the importance of trying to not let the children down. We also invest in a lot of training in our volunteers and so we need to feel that the funds used to support you as a volunteer are serving the children in our community.

### Do I have to be qualified?

We don't require an official qualification to volunteer as we provide training, however, being able to evidence your experience with children and young people and having the right skills for the work you will be undertaking is crucial. We can train you and support you to develop new skills if we feel you have the correct foundations for us to build upon.



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What are the benefits for me?

- You get to be part of an amazing team and access professional training, we hold quarterly full-day Saturday training days where you will continue to learn, grow and feel inspired by incredible speakers and trainers.
- You will make a positive impact on the lives of children, helping them to know that there are adults who love and care about them, there are people who are willing to spend time helping them to learn, explore and process emotions.
- You will be helping children to feel valued, like they matter, they are loved and not alone.
- You will be a part of our initiative for preventative and early intervention emotional literacy work to improve children's mental health outcomes.
- You will be part of a wonderful team and come along to social nights out and events.