

Role Description: MEET Volunteer Group Leader

Do you enjoy being outdoors? Want to make a difference to others?

MEET: Men, Exercise, Engage, Talk is a group that supports the mental wellbeing of young men in Bedford

About the role

This role will help to lead a young men's activity group at Golden Gardens, Bedford.

The group is a chance for men aged 18-35 to get to know others and get more active to help support their mental wellbeing. It will run as regular sessions on Sunday afternoons from Golden Garden - a community garden in Goldington, Bedford. Its facilities include an indoor kitchen and seating area, polytunnel and growing beds, a carp pond and sheds.

The group will be volunteer-led and supported by Beds RCC. Activities could include gardening projects, walking and use of local sports and fitness spaces. The programme of activities will be developed by the group members and volunteers.

The role will help to run the group. Tasks will include:

- Welcoming new and regular participants;
- Organising a series of weekly activities along with group participants;
- Following agreed procedures to ensure the safety and security of participants during activities and the site;
- Undertaking some admin tasks including taking a register of participants and any incidents;
- Keeping in regular contact with key staff at Golden Gardens and Beds RCC.

The group meets every two weeks on Sundays from 12pm, with some training and communication with Beds RCC staff during the week.

Skills and experience

This role would suit someone who enjoys being outdoors, and who is friendly and welcoming, and may have some interest or experience in one of the following: mental health and wellbeing, gardening, construction, fitness and physical activity.

The role would suit someone who is:

- able to communicate well with others;
- observant and sensitive to the needs of others;
- reliable, punctual, honest and well-organised;

- able to work independently – but with guidance and support;
- able to recognise your own limitations.

Training and support:

We hope you will take the following training to support you in your volunteer role:

- Wellbeing Walk training
- Online safeguarding training
- Zero Suicide Alliance Training

We also provide information in our volunteer pack about other information and resources that you may find helpful to the role. There will also be further training offered from time to time as and when available or required.

As a volunteer, you will have a key contact within Beds RCC and be invited to Beds RCC events.

Benefits to you:

We hope you will benefit from the following as a volunteer:

- enjoyment and satisfaction in supporting others;
- training as a key volunteer role for a well-respected local charity;
- opportunity to develop your leadership and other skills;
- opportunity to be more physically active yourself.

Time required:

The role will take place every two weeks on Sundays from 12pm for up to 4 hours, depending on the session. As well as with some communication with Beds RCC staff during the week.

For a chat about the group, please contact Alex Goulding on alex.goulding@bedsrcc.org.uk or call 07415 387894

If you're interested in the volunteer role, please contact Nicola on Nicola.scholfield@bedsrcc.org.uk or call 07984 275652