

**Volunteer Role Description**

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| **Role:** | Medway Men in Sheds Volunteer |
| **Reporting to:** | Medway Men in Sheds Co-ordinator |
| **Hours:** | Flexible within sessions which are 10:30 to 14:30 Monday-Friday |
| **Site:** | Sunlight Centre, Gillingham |

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| **Role summary** |
| The Medway Men in Sheds Scheme is a preventative mental health service which aims to reduce suicide amongst men in Medway and support those affected by mental health issues in their recovery, by providing a range of activities which specifically appeal to men. You will have a key role in supporting the Co-ordinator to deliver of this service by ensuring equipment and facilities are clean and well-maintained, participating in service promotional activities. |
| **Role duties** |
| * Help to repair or repaint equipment and buildings. Maintain tools and equipment in good order. * Inform and liaise closely with the co-ordinator regarding any concerns about the wellbeing or welfare of any person attending Shed sessions * Provide practical one to one support to community members, maintaining clear boundaries, to enable them to set and achieve their own goals towards improved health and wellbeing. * Provide information and signposting to attendees for health, employment, housing, welfare advice, social care and other services in Medway. * Assist with any events and fundraising activities to help Sunlight Development Trust. * Participate in tool and safety training. |