

## Rainbow Heron Late Night Art Cafe

## Volunteer Role



### **Role Purpose:**

To create a safe haven for young people struggling with their mental health, promote mental well-being and uphold the values of Rainbow Heron Late Night Art Cafe.

### **Tasks:**

- Help to make the attendees comfortable and safe in the cafe space.
- Explain the role of Rainbow Heron Late Night Cafe to attendees; and to the general public at events.
- Work collaboratively with other volunteers to enable the cafe to run smoothly and successfully.
- Support- and collaborate with local creatives and wellbeing professionals while delivering workshops.
- Promote well being.
- Set up, run and close down the cafe properly.
- Use procedure laid out to ensure everyone's safety.

### **What you need to begin the role:**

- Understanding and willingness to work with diversity and mental health.
- An empathetic and friendly manner.
- Good communication skills.
- Willingness to be an active team member.
- Willingness to be open and learn.

### **What you can learn while volunteering:**

- The basics about mental health and the issues faced by young people struggling with mental health.
- The role of Rainbow Heron.
- The role of a Rainbow Heron volunteer, including boundaries of the role.
- Improve listening skills and ability to handle emotional responses.
- Promote and grow confidence while learning to empower and give encouragement to others.
- Develop new skills and perspectives, as well as valuing the skills and perspectives you bring to the organisation.

### **Opportunities for personal and professional development:**

- On-going support from team leaders and exchange of experiences with other

volunteers.

- ❑ Involvement in other Rainbow Heron activities, such as raising awareness about the Rainbow Heron project and mental health, and taking part in creative events.
- ❑ Set SMART goals with your volunteer coordinator to help you develop skills and knowledge in the areas you are interested in personally.
- ❑ Increase your contact with the local community that we serve
- ❑ Involvement in decision-making in matters relating to the work of the organisation

**Time commitment:** Regular availability on Sundays (on average 1 week in 4 )  
Opportunities to attend events outside of this time may be available also.

**Volunteer times and days:** Sundays 6:30pm - 12pm

There may be opportunities to go to one off events and represent Rainbow Heron Cafe.

**Locations:** Regather, 57-59 Club Garden Road, Sheffield, S11 8BU

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