**Job Description**

**Maintenance of the Mind (Men’s Services) Volunteer**

**Description:**

Men Too’s ‘Maintenance of the Mind’ sessions enables men from a variety of backgrounds to come along to the centre and experience a safe, non-judgemental space in which to come together with other men, have fun and learn new skills. From mid July 2018 WEB has been facilitating a range of weekly therapeutic art/craft/short courses for men (average group sizes 5-10) to support men’s physical/mental/emotional health and well-being. Activities range from mini confidence building sessions, to anxiety management, to pottery sessions, therapeutic art/sandplay and a wide range of art/craft sessions that support healthy maintenance for the mind, whilst also supporting men to build natural friendships in small group settings.

Maintenance of the Mind sessions run on Tuesdays from 10am-2.30pm from our Training Centre at 32 Argyle Street, Birkenhead, CH41 6AE.

**When Required:**

Tuesdays from 9.30am – 3pm

**Tasks & Activities:**

* Welcoming men in to the centre
* Listening to men
* Providing support 1:1 and in groups
* Providing a non-judgemental environment
* Sign posting to other services/agencies
* Making refreshments
* Maintaining ground rules of centre
* Assisting the Men Too manager
* Assisting with the planning and delivery of activities
* Following confidentiality and safeguarding procedures