

## Activity Support Volunteer - Role Description

### About The Anthony Seddon Fund

The Anthony Seddon Fund is a peer-led mental health charity based in Ashton-under-Lyne. We provide a safe, welcoming, and inclusive space where people can access support, connection, and activities that promote positive mental health and wellbeing.

Our centre offers a range of peer support groups, wellbeing activities, community events, and drop-in support sessions, helping people feel less isolated and more connected within their community.

Volunteers are a vital part of the support and community we provide. Many of our volunteers bring lived experience, compassion, and understanding to their role, helping create the welcoming and supportive environment TASFund is known for.

### About This Role

Activity Support Volunteers help create welcoming, engaging, and supportive spaces where people can take part in activities that promote positive mental health and wellbeing.

This role involves supporting a range of activities and groups at The Anthony Seddon Centre, such as arts and crafts, wellbeing sessions, social activities, creative workshops, and community groups.

You don't need to be an expert in any particular activity to volunteer in this role. The most important things are being approachable, supportive, and willing to help people feel comfortable and included.

Activity Support Volunteers play an important role in helping activities run smoothly and creating a friendly environment where people feel safe, valued, and connected.

### What You Might Be Doing

- Helping set up and tidy away activity materials and equipment
- Welcoming people into activities and helping them feel comfortable joining in
- Supporting staff, facilitators, or other volunteers during sessions
- Encouraging conversation, participation, and social connection in a relaxed and supportive way
- Assisting with arts, crafts, games, wellbeing activities, or group sessions
- Offering reassurance or practical support to people who may feel anxious or unsure

- Helping make sure activities are inclusive and accessible for everyone
- Keeping shared spaces safe, tidy, and welcoming
- Supporting with small practical tasks such as attendance sheets or feedback forms where needed
- Letting staff know if someone may need additional support or assistance during a session

## **What We're Looking For**

We're looking for people who are:

- Friendly, welcoming, and approachable
- Comfortable chatting with and supporting people from different backgrounds and experiences
- Patient, encouraging, and respectful of others
- Reliable and willing to work as part of a team
- Happy to get involved and support a range of activities where needed
- Respectful of boundaries, confidentiality, and the wellbeing of others
- Open to learning and taking part in relevant training and support

You do not need previous volunteering or mental health experience to apply for this role.

## **Helpful but Not Essential**

The following experience or interests may be helpful, but are not required:

- An interest in wellbeing activities, creativity, or community groups
- Experience supporting people in a professional, voluntary, or informal setting
- An understanding of mental health or lived experience of mental health challenges
- Confidence helping facilitate activities or group sessions
- Experience working with people from different backgrounds or communities

## **Support & Training**

All volunteers receive an induction, support during their trial period, and access to relevant training to help them feel confident and supported in their role.

You will have regular opportunities to check in with staff, ask questions, and discuss any support or development needs. Additional training opportunities may also be available depending on your role and interests.

You are never expected to know everything straight away; volunteering at TASFund is a learning experience, and support is always available when needed.

## **Important Information**

Volunteers are expected to maintain appropriate boundaries, respect confidentiality, and follow TASFund policies and procedures while carrying out their role.

Some volunteer roles may involve supporting people who are experiencing emotional distress or difficult situations. Volunteers are not expected to provide counselling, therapy, or crisis intervention, and support from staff will always be available where needed. Volunteers should always work within the boundaries of their role and seek support from staff whenever needed.

Certain roles may require a Disclosure and Barring Service (DBS) check. If this applies to the role, this will be discussed with you as part of the recruitment process.

## **Time Commitment**

This role is flexible and can fit around your availability and the activities taking place at the centre.

Most activity sessions take place during weekdays, with some occasional evening or community-based activities. We ask volunteers to commit to regular attendance where possible, as consistency helps build supportive relationships and welcoming and consistent activities.

However, we understand that people's availability and circumstances can change, and we aim to be flexible and supportive wherever possible.

Shifts and activities will be discussed with you during the recruitment and induction process.

## **What Volunteers Receive From Us**

We truly value the time, skills, and experiences our volunteers bring to TASFund. In return for your support, we aim to provide a positive and rewarding volunteering experience through:

- A friendly, welcoming, and supportive environment
- Induction, training, and ongoing development opportunities
- Regular support and supervision
- Reimbursement of reasonable agreed expenses
- Volunteer recognition and appreciation events
- Opportunities to build confidence, skills, and experience
- References for volunteers who complete an agreed period of volunteering

Volunteering can also be a great way to meet new people, build confidence, develop skills, and support your own wellbeing while making a difference in the community.



## **Interested?**

If you are interested in this role, we'd love to hear from you. The first step is to complete a Volunteer Expression of Interest Form, after which we'll invite you to attend one of our volunteer introductory sessions to learn more about TASFund and the role.