



Creative Café Volunteer (Cambridge) – Role Description

About Arts and Minds

Arts and Minds is a small charity that uses the arts to help people living with mental health challenges. We offer a range of programmes across Cambridgeshire and Peterborough, including: Arts on Prescription, a community choir, a drop-in Creative Café, and a pottery group for younger people with dementia.

About our Creative Café

Our Creative Café is a friendly, informal, drop-in session held at Cambridge Junction. It is not a facilitated workshop, rather provides the opportunity to come together for a cuppa, conversation and creativity. The focus is firmly on social and creative connections. We provide basic arts materials, though some participants bring their own materials / activities. Key to the success of the café is the strong bond that participants form with each other and with the staff and volunteers. The café is open to everyone, though we particularly welcome people experiencing mental health challenges.

About the volunteer role

You will be a friendly, welcoming and supportive presence in the group – helping everyone to feel safe and relaxed. You will be provided with a lanyard so that new visitors can clearly identify the staff member and/or volunteer(s). Specific tasks include:

- Arriving early to help set up (see time requirement below)
- Welcoming participants to the café - asking people as they come in if they're there for the Creative Café, introducing yourself by name and asking their name
- Encouraging participants to wear a name sticker, if they are happy to so other members of the group can learn people's names
- Ensuring that people are aware they can have free hot drinks (Cambridge Junction team will make the drinks) - soft drinks should be paid for
- Point out our donation and feedback bucket and encourage written feedback periodically, supported by A&M staff
- Chatting with participants , ensuring that everyone feels part of the group and are encouraged to join in conversation with others



- Engaging in creative making with the participants
- Clearing up at the end of the session
- Keeping an informal record of attendees, encouraging new participants to share their email address so we can add them to our mailing list

Time and location

We run two Creative Café sessions each month:

- Second Wednesday of the month 13:00-15:00
- Last Tuesday of the month 10:30-12:30

The café takes place in the foyer at Cambridge Junction, Clifton Way, Cambridge, CB1 7GX. You are required to arrive 30 minutes before to set up (participants often arrive early); and stay to clear up afterwards. We aim to finish promptly within the two hour session.

Parking is available at the Cambridge Leisure Park multi-storey car park (you can validate your ticket at the Box Office in Cambridge Junction. There is blue-badge parking directly outside the venue, which is in walking distance of Cambridge central train station.

We are looking for someone who...

- is friendly and good with people - willing to engage in and encourage conversation within the group
- is reliable, punctual, and can commit to volunteering on a regular basis
- values creativity
- can follow Health & Safety and Safeguarding processes

You will be required to undergo a DBS check for volunteers (at no cost to you).

Ideally we are looking for 2-3 regular volunteers for this role, meaning each session you would be working with another volunteer. In order to get the most out of this role, we recommend that you look to volunteer with us for at least 6 months.



What's in it for you?

- Join a friendly and supportive team
- Make a real difference to the lives of people experiencing mental health challenges, including social isolation and anxiety
- Have fun getting creative – no experience required
- Access training, support and wellbeing sessions run by Arts and Minds
- Gain experience of volunteering in the third sector
- Play a key role in a small local charity that's committed to supporting people living with mental health challenges

How to apply

Please submit your expression of interest for this volunteer role via email to admin@artsandminds.org.uk. Please include a cover letter stating your interest in the role and any previous / relevant experience, and a copy of your CV, as well as which Creative Café you would like to be considered for (i.e. second Wednesday or last Tuesday of the month).