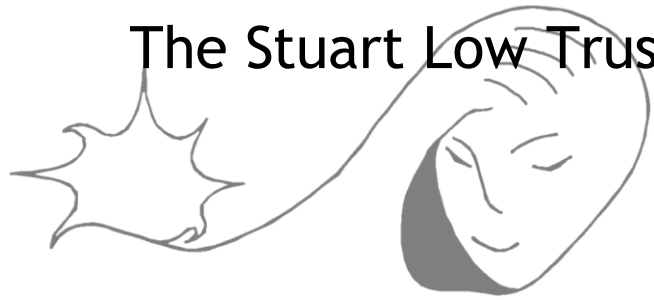




# The Stuart Low Trust



bringing people together for better health and wellbeing

## Wellbeing Workshops Volunteer (mainly Saturdays but some during the week)

We are looking for people with excellent communication skills and a calm and helpful manner, to assist at reception and help serve Teas and coffee at our Wellbeing Workshops, mainly on Saturdays but some during the week.

This is a good opportunity if you are looking for a regular volunteering commitment with lots of opportunity to interact with participants, Facilitators, and staff.

As a Wellbeing Workshop Volunteer, you will:

- Be welcomed, trained and supported by the Wellbeing Workshop Host
- Share the Meeting and Greeting role and other duties with the Wellbeing Workshop Host
- Have an opportunity to meet a wide range of people
- Help to befriend and make new people feel welcome
- Be a valued member of The Stuart Low Trust team
- Be offered a snack and drink whilst you are volunteering
- Be invited to regular volunteer get togethers
- Have individual regular supervision and support
- Be eligible for a reference from The Stuart Low Trust

Qualities we are looking for and duties include:

- Willingness to be part of a team
- Ability to arrive punctually and share the role with the Wellbeing Workshop Host
- Meet and greet participants attending the Wellbeing Workshops
- Befriend new participants who have not attended before, so they feel welcomed
- Ensuring Health & Safety procedures are in place by asking all attendees to sign in
- Assist in serving teas, coffee and a snack to participants
- A mature, courteous and professional disposition
- An awareness of mental health issues
- It would be desirable to have previous volunteering experience, but not essential
- A sense of humour and an ability to stay calm and centred
- Willingness to abide by The Stuart Low Trust Code of Conduct

Please return your completed application to Operations and Communications Manager, The Stuart Low Trust, Office 1, Jean Stokes Community Centre, Carnoustie Drive, London N1 0DX or email [info@slt.org.uk](mailto:info@slt.org.uk)

Jean Stokes Community Centre, Carnoustie Drive, Islington London N1 0DX  
Tel: 020 7713 9304 Email: [info@slt.org.uk](mailto:info@slt.org.uk) Website: [www.slt.org.uk](http://www.slt.org.uk)  
Company limited by guarantee registered in England No. 5001948  
Charity Registered in England & Wales No. 1102325



*If you have any questions about the application please contact the office on 020 7713 9304 or email [info@slt.org.uk](mailto:info@slt.org.uk)*