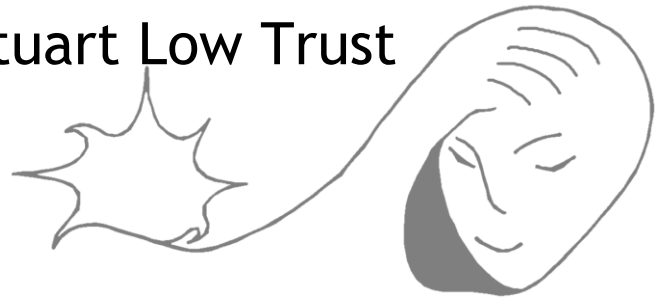




The Stuart Low Trust



bringing people together for better health and wellbeing

Volunteer Support Coordinator - Background information

About the Stuart Low Trust

The Stuart Low Trust (SLT) provides award-winning support to adults living in Islington and surrounding boroughs who are socially marginalised. SLT was set up in 1997 by Islington residents in memory of Stuart Low, who tragically took his own life aged 27. SLT aims to fill a service gap which continues, so that local people have quick access to community-based activity support groups.

SLT provides safe, non-judgemental group programmes that combat social isolation and stigma, by building mental wellbeing, coping skills and social inclusion. Through outcomes evaluation surveys completed at sessions, 89% participants report improved wellbeing at the end of the sessions. SLT is uniquely:

- **accessible** by offering support at times of increased risk from isolation at evenings and weekends.
- **inclusive** by avoiding the complex eligibility criteria of publicly-funded services.
- **community-embedded** by running all activities in collaboration with community partners.

Our Strategy, Vision and Values

Our vision

To create an inclusive local community, where no one feels alone.

Our mission

We bring people together through a supportive community based in Islington to reduce isolation and enhance mental wellbeing.

Our values

We remove labels.

We challenge stigma.

We are open to all.

We are available out of hours.

We are a community.

Office 1, The Jean Stokes Community Centre, Carnoustie Drive,
Islington, London, N1 0DX
Tel: 020 7713 9304 Email: info@slt.org.uk Website: www.slt.org.uk
Company limited by guarantee registered in England No. 5001948
Charity Registered in England & Wales No. 1102325



MAYOR OF LONDON

Registered with



FUNDRAISING
REGULATOR

Our Strategy 2024-28

Our Strategic Plan 2024-28 aims to fulfil our mission to support people who are most at risk through social isolation, by responding to the changing needs of our local communities and the changing world around us. The **new Volunteer Support Coordinator post** is an important priority in our Strategy to increase our capacity to support volunteers and, where possible, offering volunteering opportunities to people with lived experience of mental health issues.

About the SLT staff team

SLT is a small charity with 6 part-time core staff and a current team of 6 sessional staff, who support the running of events and activities. In addition, 6-7 session leaders specialise in delivering nature, arts or wellbeing sessions, such as yoga, mindfulness and dance. SLT's core approach is also to work in partnership with community organisations which provide the expertise to run some of our programmes, including a local art gallery, local charities and nature sites.

The sessional team are supervised and supported by Katy Connell, our experienced Sessional Team Leader. In the sessional team, there are two Hosts including Katy, who lead our Friday Evening Events. Sessional staff support Friday Evening Events and our weekend activities via a rota mutually agreed with our Programmes Manager around 3 months in advance.

About volunteers at SLT

Volunteers are vital to the running of our activity programmes. All our activities are led by professional paid staff, but often the success of activities is dependent on volunteer support. Volunteers are needed to assist at:

- Nature and culture outings
- Saturday wellbeing workshops and Sunday Philosophy Forums
- Evening Choir sessions
- Art workshops led by our partner The Estorick Gallery
- Young adults performance course sessions led by our partner Odd Eyes Theatre
- Creative writing workshops run in partnership with Islington Mind

In addition, our fortnightly Friday evening events cannot run properly without the help of around 5 volunteers assisting with food preparation and serving and chatting with participants. Volunteers also contribute by assisting with admin work to input participant feedback evaluation forms or new registration forms in-person at the SLT office. There is potential for volunteers to help in the future to answer participants phone calls and promote our activities by asking local venues to display our flyers.

About your role

The Volunteer Support Coordinator is a new post, created to strengthen our capacity to recruit and support our highly valued and important team of volunteers. **We have identified funds for an initial 18 months' contract with the intention to establish this as a permanent post.** Previously, the functions of the Volunteer Support Coordinator were the responsibility of the Programmes Manager, but it has been identified that the organisation needs a separate and additional post to fulfil the responsibility of volunteer support and development effectively.

The number of active volunteers has reduced to around 10 in the past year, owing to the pressures on the Programmes Manager post to manage the service activity programme and partnership-working. The aim of the Volunteer Support Coordinator post is to increase the number of active volunteers back up to the previous sustained level of 20.

To support the postholder, we have in place already well-established processes, including advertising roles via online platforms, application form, interview questions and DBS checks, induction and mandatory training resources.

The Volunteer Support Coordinator will be supported in their post also by a close-working team of staff, all of whom have a role to contribute to volunteer management:

- **The Programmes Manager**, who schedules the rota for volunteers (as well as frontline sessional staff).
- **The Sessional Team Leader and sessional staff team**, who lead or support the delivery of activities and supervise volunteers during sessions.
- **The Friday Evening Events Volunteer Supervisor**, who provides one-to-one supervision and support to the team of Friday Evening Event volunteers.
- **The Marketing & Communications Officer**, who can assist with volunteer advertising.
- **The Chief Executive**, who leads on designing staff and volunteer induction and mandatory training workshops and resources.

Job benefits:

You can expect the following benefits from working in this role:

- Hybrid, flexible, supportive working arrangements with a small and friendly team.
- 25 days annual leave plus bank holidays (pro rata)
- Occupational pension scheme
- Line-managed by the Chief Executive, who has 30 years' experience in the charity sector and developed volunteer programmes
- The opportunity to make a real impact in people's lives by shaping a welcoming, inclusive and supportive volunteer culture.
- The chance to lead on volunteer recruitment, induction, training and supervision - and see volunteers flourish and grow.
- A collaborative work environment where your work directly supports SLT's frontline services.

About our Activity Programmes

SLT achieves our mission through delivery of free, socially therapeutic activities in three holistic programmes: Arts, Nature and Wellbeing. We offer over 200 activities per year, as follows:

Nature Programme

- **Nature visits** - A programme of visits to a wide variety of nature sites and activities through the seasons between March to November, including nature reserves, gardens, farms and canal walks.
- **Nature outings** - Nature outings further afield, once per month April to September, including Kew Gardens and Kenwood House.

Arts Programme

- **Sunday Philosophy Forum** - The Forum is led by a team of volunteer facilitators under the expert guidance of philosophy graduates on Sundays at the Old Diorama Centre.
- **Art workshops** - Art activity workshops in partnership with and on the site of Estorick Gallery of Italian Art.
- **Art outings** - Visits have included private tours around the Neo-gothic mansion Two Temple Place, the British Museum and the Museum of London.
- **Choir** - The Choir runs at St Luke's Community Centre in South Islington.
- **'Write Away'** - A creative writing and poetry course run in partnership with Islington Mind at their Despard Road Centre.
- **Young Adults Performance course** - An annual programme of workshops at the Jean Stokes Community Centre leading to public performances, led by partner Odd Eyes Theatre.

Wellbeing Programme

- **Friday Evening Events** - Friday evening events are run on a drop-in basis at office-based venue the Jean Stokes Community Centre and are SLT's flagship service.
- **Saturday Wellbeing Workshops** - SLT's Wellbeing Workshops run on Saturdays at the Mildmay Centre in Islington and support participants by providing a toolkit of coping strategies and techniques to use at home including gentle exercise, yoga, Chi Kung, mindfulness, dance.
- **Monday Meet-ups** - For this peer-led approach, sessions are held once per month at a coffee shop to plan/run activities and once per month to go on an outing.
- **Coffee afternoons** - Held once per month at office-based venue to offer an informal way for new participants to find out about SLT and participant in a fun social activity.

Maximum attendance for most sessions is 12 participants, who must register with SLT and book activities in advance (except for our drop-ins). Friday events have regular attendance of 20+ participants. All participants, staff and volunteers must abide by our Code of Conduct.