

# Wellbeing Support volunteer

## Role description

Passionate about mental health, a firm believer in blink's mission, and ready to get stuck in? You're the kind of person we're looking for!

As the 'face' of blink at festivals, you will be calm, kind, and approachable. Your role will involve extending a warm, non-judgemental welcome and providing empathic listening, being on hand to support people who are struggling, and signposting vulnerable people to additional support, all while remaining cool in challenging situations.

Being confident in conversation with new people is crucial and you will be happy engaging with festival-goers about all things blink and mental health – this would mean you're not shy about asking someone how they really are.

Interactions at festivals can range from uplifting moments to some challenging conversations. You must be able to navigate both, understanding the potential impact on your own well-being. We provide extensive training and support, emphasising your awareness of personal limits and the importance of seeking help when necessary. There are also trained therapists on site and a team of volunteers, so you will never be on your own.

You'll need to be comfortable in a field, in all weather...we're open rain or shine! Festivals are often busy, crowded, and noisy, so you will need to be someone ready to work in a potentially overstimulating environment. Flexibility, adaptability, and responsiveness are key traits for handling the sometimes unpredictable festival setting. Your DIY skills will come in handy too for tasks like lifting and assembling the bell tent setup.

Our services are there for everyone, and we mean everyone! We pride ourselves in being inclusive: catering to all genders, ethnicities, abilities, and walks of life. You might encounter people challenging your assumptions, so an open, non-judgmental attitude is essential. Respect for privacy and confidentiality is non-negotiable.

As a representative of blink, you'll embody compassion, respect, and care throughout the festival, even off-shift. Spreading awareness of blink's work to staff, crews, volunteers, and traders is encouraged. In return, by the festival's end, you'll leave with a sense of accomplishment, knowing you've made a meaningful difference, and hopefully with a warm and fuzzy feeling from the support of a new community of friends.






## Your roles and responsibilities with blink


The Wellbeing Support volunteer role at blink is a diverse role including some important person-centred pastoral responsibilities, as well as administrative and hands-on organisational and setup elements. We hope volunteers will find this fulfilling whilst having a lot of fun (and getting to enjoy festival access too!).

### As part of your role, you will:

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- Interact with festival-goers to raise awareness about blink – spreading the word about the charity's aims and values, gathering mailing list sign-ups and taking donations.
  - Encourage people to use the wellbeing tent for relaxation or mindful activities – this might involve anything from letting people know it exists and what they can engage with in the space, to recognising that someone is overwhelmed or distressed and supporting them to access this space of calm.
  - Be part of the team providing a safe space to support anyone in need. Sometimes people don't want or need a full therapy session but may like to talk with a calm, compassionate person. We train our volunteers to be able to hold spaces for these interactions.
  - Manage all the bookings for therapy sessions and coordinate arrivals when they attend for their therapy time slot.
  - Keep the wellbeing tent looking presentable and appealing (tidying up puzzles, colouring pencils etc).
  - Available for set up and breakdown of our area, with some physical labour required



### What you'll get in return

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- Festival access including camping (with access to toilets/showers) and parking.
  - Sometimes food is also provided (this varies per festival).
  - Training delivered by fully qualified therapists so you will feel well equipped to do your role. We hope to upskill you in listening skills, how to support people in distress, managing risk/disclosures, safeguarding and unconscious bias.
  - Practical opportunities to use your skills to help people.
  - A well-supported and managed volunteer experience.
  - Opportunities to meet like-minded people and create new friendships.
  - An insight into the different working environments of both the mental health charity sector and at events and festivals.
  - A rewarding experience where you feel good for giving back and helping others, plus a strengthened sense of community.
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