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| **Volunteer Role Description** |

 

Feel Good Factor is a health and wellbeing organisation based in the heart of Chapeltown. We are looking for energetic and highly motivated individuals to join our organisation. To bolster independence and wellbeing through the help of **skilled** and compassionate volunteers.

Skills

* Volunteers need to be friendly and approachable with good communication and interpersonal skills.
* Reliable and trustworthy, a caring and non-judgmental attitude and empathy with a wide range people possessing different needs
* Be understanding and respectful, maintain professional boundaries, be flexible and adaptable
* Exercise patience and allow sufficient time for clients with mobility difficulties /or with different spoken language.
* Ability to motivate others and use own initiative
* Have the confidence to undertake tasks independently and using own initiative
* Understanding inequality issues
* Good organisational skills
* Engage in local activities and groups.
* To provide information and support in relation to accessing mainstream services.
* Knowledge of the local community and available health and wellbeing provision in the area

Specific Tasks

* To improve the health and wellbeing of local people.
* To meet with their client on a regular basis at set times arranged
* To motivate and support their client to achieve their goals.
* Adhere to all policies.
* Helping to promote the aims of the project.
* To attend training and supervision sessions

An advanced DBS check will be required for which the costs will be covered by the project.

Support and training will be provided for this role.

**For an informal chat about the position, please contact Project Manager Narinder Panesar on 0113 3504200**

**Further details and an application pack can be found at** [**www.fgfleeds.org/vacancies**](http://www.fgfleeds.org/vacancies) **or email** **office@fgfleeds.org**

Feel Good Factor is an equal opportunities employer and positively encourages applications from suitably qualified and eligible candidates regardless of sex, race, disability, age, sexual orientation, religion or belief, marital status, or pregnancy and maternity.