

# Singing for Wellbeing Volunteer



## About Inspire (Mental Health Consortium)

The Inspire Mental Health Consortium is made up of 8 partner organisations that have been commissioned by the London Borough of Tower Hamlets to deliver a new and innovative Recovery & Wellbeing Service. All of these organisations have been working in the borough for many years and they are now working together to provide a wide range of options for individuals facing mental health challenges.

## About Singing for Wellbeing Group

This singing group is designed to provide individuals with basic singing skills in a safe and supportive environment. This group helps individuals to build new social connections through a shared creative experience. Group members will learn how to breathe for singing, keep in time with the music, and learn how different harmonies and voices work together. They will be introduced to rhythm, pitching and learn how to listen and blend in with other voices. A performance is factored in at the end of the 12 week programme.

There is also a service user led group who have formed a band and need musical direction and instruction on instruments.

## Purpose

We are looking for a volunteer to support in the delivery of these sessions. The role of the volunteer will be to engage with service users, assist in the delivery of classes to develop singing skills and help in the set up and preparation of the group. We are very keen to hear from music students or musicians who are interested in this role.

## Location and times

The Singing for Wellbeing group runs on Tuesday's from 12-1.30pm. The service user led band runs every Friday between 2pm – 4pm.

## Main tasks

- Providing a supportive and creative environment to motivate, stimulate and build confidence
- Helping to improve Singing/musical techniques

## Skills, experience, qualities needed

- Good listening and communication skills
- Experience with signing/playing a musical instrument
- Interest in, and commitment to, tackling mental health issues

## What you can expect from Inspire:

- Induction to carry out the role
- Access to Inspire staff and volunteer training programme
- Regular updates and information about services
- References

If you are interested, please contact [inspire@hestia.org](mailto:inspire@hestia.org)

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