

Role Description: Upbeat Women

Upbeat is a charity that exists to help refugees settle and rebuild their lives in the UK. We want to see strangers become neighbours. We are looking for enthusiastic, caring and compassionate individuals to join the Upbeat team.

It is a privilege to work with such inspiring people from around the world. Whilst it is a serious commitment, this is an extremely rewarding opportunity to come alongside refugees and asylum seekers as they navigate life in the UK.



Responsible to: Grace Jackson-Reed (Refugee Integration Worker)

Location: Trinity Baptist Church, Green Ln, Derby, DE1 1RT.

Your Commitment

We require a 1-year commitment from all our volunteers. Upbeat Women is on Thursdays and we would require a volunteer to be present 30 minutes before and 15 minutes after a session. We are looking for volunteers to commit to every week (though fortnightly can be considered). Women applicants only.

Responsibilities

- To create a welcoming environment through setting up the room, then also helping with clear up at the end of each session.
- To register participants as they arrive, offer them a warm welcome and refreshments and to connect and build relationship with them.
- To join in with the activity, ensure everyone is included and help the participants, as necessary, also engaging with the children to enable the women to fully participate in the activity.
- To support participants in filling out forms and connecting them to appropriate resources.
- To encourage participants to come to further events and activities with Upbeat Communities.
- Assist with trips, as required.

Qualities Needed

Volunteers will need to be:

- Punctual and committed to good communication with project lead.
- Reliable, responsible and have good communication skills.
- Respectful of those from diverse cultures with different beliefs.
- A good listener and be able to provide emotional support.
- Able to cope with stressful situations.
- Able to connect with individuals and build community, rather than advise or counsel.

Why Volunteer with Upbeat Women?

Building relationship and finding safe spaces are vital to those seeking refuge. Not only are they navigating the difficulties of the asylum process, but they are also trying to settle in a place completely unknown to them - away from any sort of support network they would have relied on in their home countries. With the aid of an experienced team, you will be helping women not only be empowered to rebuild their lives, but also to find a place where they are seen, known, and heard each time they join us.