

Art Group Assistant

Alpha One Art Club, Yeading



Alpha One Art Social Interaction Group is a registered charity. We support artists and those interested in art with mental health issues (and those with issues relating to mental health) who have been referred from outside agencies. We offer social interaction with a focus on well-being. The group is run by people who have had the experience and survived. We firmly believe that inactivity is detrimental to a person's good physical, and more importantly mental health well-being. Our club greatly encourages social interaction and meaningful communication.

Main purpose of the role:

We require artists, art students and those with an interest in art to encourage service users to participate using traditional, practical hands-on activities.

Commitment required:

- Every Wednesday
- 1130am – 2:30pm (group runs noon-2pm)
- Helping to set up the art group and then clearing it away
- At least 3 months

Benefits for you:

- Develop a better understanding of mental health issues
- Gain experience supporting vulnerable people
- Develop drawing and painting skills, a chance to be creative
- Utilise a range of mediums: acrylics, watercolours, inks
- Joining a supportive and inclusive community

Role responsibilities:

- Set up the classroom with appropriate tools and materials
- to take interest and encourage a service user in their art

Skills and attributes required:

- Some drawing and painting skills (formal or informal)
- Patient and helpful
- Reliable

Training and support given:

- Support of the artist and trustees that manage the group
- You will be instructed and supported in the role
- Yeading Community Centre, Hayes, UB4 9BH
- E6 bus route
- Help with travel costs can be given up to a value of £3 per session
- Reference can be provided after 3 months continuous volunteering

To apply for this role:

An H4ALL application form **MUST** be completed. We require **two** references.

To obtain an application form:

- Visit www.h4all.org.uk and download or print an application form
- Email volunteerhub@h4all.org.uk to request an application form to be sent to you by email or post
- Send your fully completed application form by:
- Email to volunteerhub@h4all.org.uk
- Post to H4ALL, Volunteer Development Team, Key House, Yiewsley, UB7 9BQ