

Well Proud Podcast Project

Well Proud project Volunteer (LGBTQ+ and Black or minority ethnic)

Role Description

Our Well Proud project, is an eight-part community-led LGBTQ+ podcast series aimed at Black and minority ethnic members of the community in Lewisham. Focused around mental health and wellbeing (MHWB), the podcast will provide practical information, tips and resources from mental health professionals, and creatives. Community members will share stories and experiences, MHWB tips and respond to audience questions as a form of peer support. The podcast will provide a platform for a range of LGBTQ+ ethnic minority communities to speak out about their mental health, with the aim of empowering communities to discuss their mental health issues more openly, reduce mental health-related stigma and increase their emotional wellbeing.

As a Well Proud project volunteer, you will be leading the direction of the podcast series focused on mental health and wellbeing for LGBTQ+ and Black and ethnic minority communities in the Borough of Lewisham. You will be working directly with our Community Engagement Lead, who will lead monthly meetings to develop and devise culturally relevant podcast content around mental health and wellbeing for the community. As well as working with the Community Engagement Lead, you will also work closely with our Digital Communications Officer and Film Maker who will work to promote the podcast and deliver the technical aspects of the podcast production.

Duties will include

- Attend monthly meetings with our Community Engagement Lead to generate ideas for each podcast episode.
- Help plan and deliver monthly episodes of the Well Proud podcast.
- Assist the Community Engagement Lead with reaching out to partner organisations, BAME groups in Lewisham and internally to build networks of potential podcast contributors, volunteers and develop community interest in project.
- Assisting in the delivery of two in-person live podcast events at our community hub at METRO New Cross.

The following skills/experience are required for this opportunity (please note if essential or desirable)

- Identify as LGBTQ+ and Black or minority ethnic (Equality Act 2010 Schedule 9 Part 1)
- Excellent listening skills (E)
- Non-judgemental and empathetic approach to issues concerning to LGBTQ+ people and mental health (E)
- Reliable and punctual (E)
- Good knowledge of Podcasts and their use in engaging diverse audiences (D)
- Good knowledge of social media platforms and their use in communication campaigns (D)
- Knowledge of Lewisham communities (D)
- Commitment to principles of equality and diversity (E)

The time required for this volunteering opportunity is -

Approximately 2hrs each month to attend the podcast development meetings with our Community Engagement Lead. We will also be running two in-person live podcast events during the course of the project where further time commitment may be requested.

The areas of interest and types of activity which best fit the voluntary opportunity on offer are:

X	Area Of Interest	X	Type of Activity
	Animals		Administration
X	Art and Culture		Advice work
	Children		Architecture and building work
	Disability		Art
	Disaster relief		Befriending
	Domestic violence		Business and management
	Drugs and addiction		Campaigning and lobbying
	Education and literacy		Caring
	Elderly		Catering

	Employment	X	Community Work
	Environment		Computers and technology
	Families		Counselling
X	Gay, Lesbian, Bi and Trans-sexual		Driving
	Health, hospitals and hospices	X	Entertainment
	Heritage		Finance work
	Homeless and housing		Fundraising
	Human and Civil rights		Hostel work
	International aid		Languages
	Legal Aid and Justice		Legal work
X	Mental Health	X	Marketing PR and Media
	Mentoring		Music
	Millennium Volunteers		Practical work & DIY
	Museums		Retail & Charity shops
	Music		Teaching and training
	Politics		Trusteeship/Management Committees
	Prisoners and ex-offenders		Under 16 volunteering
X	Race and Ethnicity and Refugees		
	Religion		
	Sport and outdoor activities		
	Women's Groups		
	Youth		

The volunteer recruitment and selection procedures are

- Application form
- Interview
- References
- DBS check/Police disclosures

- Induction
- Trial period

The following conditions apply to this volunteering opportunity

Details of out of pocket expenses paid for this volunteering opportunity	<i>Travel expenses paid for all volunteers</i>
Details of induction, supervision and support offered to volunteers	<i>Volunteer Advocates will receive a thorough induction as well as continued offer of training opportunities and will be supported throughout their work with regular line supervision.</i>
Details of what insurance is provided for volunteers, both on and off premises	<i>Volunteers are covered under our "Employers Liability Insurance" whilst representing The Metro Centre Ltd on or off the premises.</i>
Details about any training offered to volunteers, both informal and accredited	<i>As above</i>

Volunteers with additional support needs

METRO is committed to equality of opportunity and diversity to those in the community with Additional Support Needs such as learning difficulties, mental health issues, physical disabilities and long term illnesses.

METRO understands that involving volunteers with Additional Support Needs is dependent on the level of support required and the organisation's ability to meet these needs.

For more information about the volunteer role, please contact

tom.line@metrocharity.org.uk