

Tandem

Oxfordshire

Deadline: This post will remain open until 30th September

Tandem is seeking to appoint up to two (unpaid) trustees. Tandem provides one-to-one befriending support outside of the home to people in the immediate Oxford area who have been through a period of mental ill-health and are looking to rebuild their lives. We also run a weekly social group that has outings to local places of interest. Just as cycling is easier when two people share the strain, so Tandem offers befriending to help people through the pain of mental distress and social isolation. **Board meetings are held in Oxford every month.**

About Tandem

Tandem offers one-to-one support and befriending to people with mental health problems living in the community in Oxford.

Tandem came into being in 1999 in response to an identified need and an obvious gap in service provision locally for people in some form of mental distress.

We do this through the 'befriending partnership'; two people: a volunteer, who is a befriender, and a befriender who is an individual using the service.

Tandem volunteer befrienders gently support their befriendeds in building self-confidence and independence through shared activities in the community. Meeting once a week, both people choose social and leisure activities they would like to do together. Examples of activities include going for a coffee, visiting galleries and museums, going swimming, or for walks, going to a gig or a concert.

Tandem has also started a weekly social group which has proved invaluable for those waiting for a partnership and those whose partnership has ended but who appreciate some continuing support. The focus on an activity, a museum visit or walk along the river allows people to interact with others in a supportive environment, and the group also offers new volunteers an introduction to Tandem's work.

The Management Committee meet monthly, and the members have a wide range of mental health and business experience. During our reorganisation the training courses in befriending skills, matching of partners with the trained volunteers, and supervision and evaluation of the partnerships has been overseen by an experienced mental health professional on an honorarium basis, but we will shortly be recruiting and appointing a salaried co-ordinator to work 15 hours a week.

<http://www.tandembefriending.org.uk/>

Ethos and values

People suffering a breakdown of their mental health can often undergo a devastating loss of self-confidence, which can easily result in isolation and loneliness. It can take time and support for them to pick up the threads of their lives, go back to work or training, or join in the social activities they enjoyed before their illness. Tandem links them with volunteers to enable supportive relationships

to develop, and who are available to listen when needed to difficult and painful experiences, without judgment and without an agenda.

Role Summary

The Board are looking for a friendly and enthusiastic volunteer who is keen to be a trustee. The board will consider applications from all prospective applicants, who are willing and able to commit to the role of a trustee as well as demonstrate that they fit into the ethos of the charity. However, experience in Fundraising or Marketing would be desirable.

Tandem needs to recruit a trustee whose background and experience will enable them to assist the board. The trustees are also hoping to find someone who is interested in the area of work within which Tandem is currently engaged.

Person specification

Essential:

- Able to commit to role of a trustee
- Ability to communicate effectively and not shy to suggest ideas of improvement
- Experience of good practise in social media
- An interest in mental health

Desirable:

- Experience of applying for grants
- Experience of social media
- Previous volunteering/charity experience
- Experience in communications, marketing, corporate identity
- Experience of branding and marketing

Time commitment

The board meets for about an hour once a month in East Oxford, minutes of previous meetings and agendas to be discussed are circulated electronically beforehand and are expected to be read by the trustee before the meetings. Tandem also has the occasional Away Morning to discuss and implement strategies, this is usually a time commitment of up to 3 hours. Trustees may also undertake small tasks between meetings as necessary.

Application details

If you are interested in applying for the role please send your CV and a cover letter detailing your suitability for the role to lowetrevor@hotmail.com

This role is unpaid. For more information please email lowetrevor@hotmail.com