# Engagement Volunteer: Take Some Time (Mindful Creative Health Course)

#### About the role

Do you love art? Would you like to support a group looking at objects from our collection?

Then volunteering with the Take Some Time group could be for you!

This group, designed for people who may be experiencing social isolation or loneliness is a six-week course that supports participants to gain a greater understanding of the collection here at The Amelia.

The group uses the mindful technique of slow looking to explore thoughts and feelings about art works and objects in the collection.

We are ideally looking for volunteers who would like to develop their skills and knowledge to reach a point where they feel confident to deliver sessions.

## Summary:

Take Some Time Volunteers will help the facilitator to provide a positive experience for participants in the Take Some Time course.

The next Take Some Time course starts on Wednesday 28th January 2026 10:00-12:00 for 6 weeks.

### Opportunities within the role:

* Support the Take Some Time course
* Develop skills and confidence to be able to lead sessions

#### Main Activities:

* Support the facilitator to run the sessions
* Take part in, and support participants to take part in structured discussions
* Help to setup and tidy up
* Greet participants
* Take part in training to support you to lead sessions, when you feel confident to. (If you choose to do this)

#### What the role offers:

* An opportunity to meet new people
* Be part of a supportive team and community
* A safe, fun and welcoming environment to work in
* Regular opportunities to learn more about local history or the Collection
* Training in areas relevant to the role
* Reference for your CV (3 months volunteering required)

#### Time Commitment

* Take Some Time courses run for 6 weeks a number of times through the year. The sessions run weekly for 2 hours. You will need to be able to attend the majority of sessions in each course and arrive around 30 minutes before the start and stay for up to 30 minutes after the session.

**NB Full support and training will be given. No previous heritage sector experience is necessary. A clean DBS is required. All volunteers need to be 18+**