



## **Music Assistant – Mental Health Hospital Wards Role Description**

### **Outline of the role (summary)**

Common Wheel's music project supports people with mental illness and dementia in singing, playing, creating and sharing music. We run sessions in mental health hospital wards, care homes and for adults living in the community. The groups are led by our team of professional musicians and are suitable for all, no matter their musical experience. The Music Assistant volunteer role is a practical role that focuses on assisting our professional musicians to deliver music workshops. The role plays an important part in helping Common Wheel to support people with mental illness and dementia to participate in music activities. You will support this process by helping with our music sessions in Mental Health Hospital Wards.

Please note if you are interested in this role and have been in hospital recently we recommend a 6 month period between being in hospital and volunteering.

### **What activities will I be involved in?/What will I be doing?**

- Supporting Common Wheel staff and the freelance musicians at music sessions.
- Participating in, and helping to lead where appropriate, group music activities such as rhythm, singing and listening activities.
- Interacting with participants and assisting them to take part.
- Exploring musical repertoire appropriate for the situation.
- Supporting group improvisation.
- Working with NHS and Common Wheel music staff to provide suitable music activities for inpatients on mental health hospital wards.
- Supporting participants who may require more attention.
- Helping set up at the start of each session as well as tidying and cleaning up at the end of each session.
- Supporting a flexible, and inclusive participant-led music approach.
- Helping to create an environment within the music sessions in line with Common Wheel's values of care, equality, positivity and partnership.
- Reflecting after each session.

### **What are my responsibilities?**

You will be required to:

- Be reliable in attending your role for 1 session per week.
- Conform to all relevant Common Wheel Policies and Procedures and undertake health and safety duties and responsibilities appropriate to the role.
- Carry out any training that may be required for the role.
- Read, acknowledge and volunteer in accordance with Common Wheel's Volunteer Handbook.

### **What skills and abilities will I need to have?**

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- An interest in supporting people who have a mental illness in their recovery and development.
- Enthusiasm and an interest in the benefits of music for mental wellbeing.
- A degree of confidence to interact with our participants.
- Good communication skills.
- It is important that you protect the dignity and privacy of the individuals and volunteer sensitively and with discretion.
- You should demonstrate a calm and caring attitude and be patient, open, accepting and non-judgemental.
- We are also looking for someone with some musical experience whether in a professional, educational or at a personal level.
- Willing to sing with others or highly able to use your own instrument to accompany songs by ear.
- It is important you have the ability to work reliably and as part of a team and have a willingness to follow guidelines regarding health and safety, equal opportunities, boundaries and confidentiality.

#### **When will I be required?**

- 1 session per week.

#### **Where is the opportunity based?**

Mental health hospital wards in Glasgow

#### **What ongoing support and guidance will I receive?**

A member of staff will be available at all times during the music groups. You will also have regular meetings with the Participation and Volunteering Coordinator to discuss how your volunteering is going and they will provide support and guidance.

#### **What are the benefits to me?**

- A rewarding experience of making music with people with mental illness and/or dementia.
- The opportunity to learn new skills and meet a variety of new people.
- The opportunity to build confidence and self-esteem in a new environment.
- Relevant training and support for working with people with mental illness.
- Opportunities to gain experience and add to your CV.
- Experience of working with professional musicians and learning about approaches to running participatory music projects.

#### **What are the benefits to Common Wheel?**

- You will be helping in delivering our mission to “improve mental wellbeing, increase skills and reduce isolation through the provision of supported, meaningful activities for people with mental illness and dementia.”
- You will be supporting the staff who currently work with our music project.
- You will help raise awareness of Common Wheels work.
- You will bring your own unique personality to sessions and help create a better experience for all.

**What else should I know?**

- This role requires membership of the PVG scheme. There is a simple form to complete and we will assist you with this. You may already have a PVG form – if so you will only need to complete an update form. The process won't cost you anything and we will assess each applicant on an individual basis.
- We will pay your out-of-pocket expenses in line with Common Wheel's volunteer expenses policy.

**How do I apply?**

If you are interested in the role or have any questions please contact our Participation and Volunteering Coordinator on [heather@commonwheel.org.uk](mailto:heather@commonwheel.org.uk)