



## Helix Arts Volunteer Role Description

### Volunteer Role: Taking part Volunteer 'CONNECTOR'

#### **About us**

Helix Arts is an arts and social change agency working with communities and artists across the North East region, originally established in 1983. We are committed to breaking down barriers in the arts with vulnerable and excluded communities to improve people's lives and improve their circumstances.

Helix Arts are funded by Arts Council England to lead programmes that transform the lives and spirits of artists, participants and audiences. We co-produce events, performances and exhibitions giving audiences the opportunity to see people differently and break down social stereotypes.

We do this by establishing the 'right' of everyone, whatever their circumstances, to actively participate in the production of their own culture, in their own way. This includes people across low socio-economic backgrounds - young people at risk, those in poor physical or mental health, those experiencing criminal justice and people living with disabilities.

We work with communities to generate and co-create ambitious multidisciplinary arts projects, where they are encouraged to make, question, share and celebrate the real stories of who they are. We work across a range of art forms including visual arts, filmmaking, creative writing, graphic design, animation, street dance, music and DJing as well as photography, drama and textiles.

We collaborate with artists, in partnership with other organisations across culture, education, youth, health and social care, and criminal justice to create opportunities for people to participate in ambitious arts activity.

#### **Project: Falling on Your Feet**

Helix Arts' Falling On Your Feet is a dance and health programme, with people aged 65+ who are living independently. Regular workshops lead to high quality co-choreographed sessions which often lead to collaborative dance pieces. Participants create beautiful art, develop strength and flexibility, and make new friends. Every session crucially has time to share, socially and support people's wider well-being.

Every week participants will have the chance to get fit and active with our free, online sessions with dancers. They will join expert choreographers who will lead virtual dance classes that they can take part in from the comfort of their home. All they need is access to the internet and a webcam.

Artists from groups that used to take place in Middlesbrough, North Tyneside, Durham and Sunderland will start off our dance sessions. First come first served. Existing members and new members welcome.

Group	Dance artist	Day and time	Start date
Middlesbrough	Charlotte McLoughlin and Melissa Doran	Thursdays, 1pm	20th August
North Tyneside	Penella Bee	Mondays, 10.30am	17th August
Durham	Debbie Waistell	Tuesdays, 10am	18th August
Sunderland	Tracey West	Tuesdays 1.30pm	18th August

### Volunteer opportunities include:

- **Connector** - Conversation **'buddies'** - Volunteers who join in sessions and keep in touch with people and share weekly happenings (this can be in the session and offline)
- **Promoter** - Volunteers who help **spread news** about the project, digitally and over the phone
- **Campaigner** - Volunteers who support the growth of an online **social media** community. This involves regular interaction with members and artists, providing updates, content, and responses

### Connector Volunteer role description

'Connector' volunteers will offer social connections in and outside of dance sessions, supporting and facilitating the social time at the end of Falling on Your Feet classes. 'Connector' volunteers will:

- Join in workshops to support community well-being
- Engage participants in conversation, ensure they feel welcome, listen
- Encourage community voices to be heard within the group
- Join in social groups within workshops to offer support and group interaction
- Act as an offline social contact on the phone
- Support information need and signpost to Helix Arts and other partners

### Main Tasks and Activities of the role

The participation volunteer will use pre-prepared Helix Arts programme material to promote the programme to community groups and individuals. They will contact community groups with promotional material to raise awareness of the programme, and act as first point of contact for any new recruited participants. They will join in workshops and support the social interaction within groups.

### Skills, qualities and experience

Participation volunteers will be:

- Friendly and approachable
- Good communicators
- Confident to develop new networks in the wider community to promote Falling on Your Feet

## Benefits

- Promote self confidence and esteem
- Nurture communication skills
- Provide networking opportunities
- Gain knowledge and understanding of latest art and tech ideas

## Support

- An induction to Helix Arts and your role
- Helix Arts will provide all programme information and promotional material
- You will be briefed on Helix Arts' 'house style' for all communications
- Introduction to groups and artists
- Connect interests and skills to role areas
- Support ongoing skills development

## Training and Expenses

Reasonable out of pocket travel and refreshments will be reimbursed.

The following expenses will be paid by Helix Arts, subject to prior agreement and the production of receipts:

- Travel on public transport between the volunteer's home address and Helix Arts' office, or elsewhere at the request of Helix Arts.
- Mileage at the rate of 45 pence per mile if the volunteer uses their own car to travel between their home address and Helix Arts' office, or elsewhere at the request of Helix Arts.
- When volunteering takes place remotely, task-specific, reasonable out of pocket expenses will be reimbursed as agreed with Helix Arts

## Supervision Arrangements

- You will be invited to a briefing about Falling on Your Feet and tasks related to the role
- You will receive support from a member of staff to ensure you feel confident in your role. This will be discussed at your first meeting with Helix Arts.

### Find out more or enquire

Please contact Yvonne at Helix Arts on 07988213110 or [info@helixarts.com](mailto:info@helixarts.com) if you are interested in this role with your availability and interests.

We ask all our volunteers to complete a registration to share your skills and interests. Drop us an email upon completion and we will arrange a chat:

**Register here:** <https://forms.gle/nNVYGck25gGH6uH5A>

Equality is central to our work and we are keen to attract and represent volunteers from the communities we work with. Please help us monitor this and ensure inclusion by completing our equality form (optional):

**Equality:** <https://forms.gle/Tr9tqwu7tAV6uoeZ8>

These forms can be completed before or after contacting us.

If this opportunity is not quite right for you now, tell us what you are interested in and we might find a better fit.

**Please do join our mailing list for future opportunities and news**  
<https://www.helixarts.com/opportunities.php>

**Thank you for your interest.**  
**Helix Arts**