



**Central and  
North West London**  
NHS Foundation Trust

# Hair and Beauty Volunteer - Beautiful People (One Community)

One Community is a service user led movement that incorporates a range of innovative activities and opportunities for people. Service users are at the forefront, leading with their involvement and ideas. The programme includes the successful "Beautiful People"

Sometimes people in mental health hospitals or services can lose their own sense of beauty and see themselves in a negative way. Having a mental illness does not reflect badly on someone's character and people with a mental illness should be reminded of how beautiful they are. Beautiful people helps the person to see their own beauty, allowing it to shine and building their confidence.

Mental Health Services based at St Charles hospital provide a range of services for people experiencing mental health difficulties. You can choose to volunteer one or two days:

- **Monday to Thursday** at Charles Hospital, Mental Health unit, Exmoor St, Ladbroke Grove, London W10 6DZ
- **Fridays** at nearby Bay 20 Community Centre: 71 St Marks Rd, London W10 6JG

## Key tasks

- To style and/or cut our people's hair. This is a very dynamic area of London, so you will be working with a range of hair types, as people come from different backgrounds and cultures
- General "beauty" stuff such as applying makeup, painting nails or putting on fake eyelashes
- Showing and teaching people how to do basic make up, nails...

- Empowering people to become volunteers in the project, so they share their skills with other patients
- Engage with the service users and have a nice conversation with them

### **Skills and experience**

- Experience in the Health and Beauty field
- Reliability: to be someone we can rely on - consistent and dependable
- Resilience: you will volunteer in a hospital setting with a range of people at different stages in their recovery
- Empathetic, compassionate, patient, tolerant and considerate
- A non-judgemental attitude and open minded: we like to think outside of the box!
- Enjoying meeting a diverse range of people and helping others
- Good conversational and listening skills with a caring nature
- Being a team player: being helpful, communicative, open, respectful, and honest
- Commitment to uphold trust core values and NHS policies.