



# MUSIC PROJECT VOLUNTEER - NECA DARLINGTON



**NECA promotes and encourages the participation of volunteers in all areas of our work.**

**We recognise the different but equally valuable contribution of volunteers in complementing the work of our employees.**

We believe that an investment should be made in our Volunteers in terms of their personal development. To this end we will provide regular and on-going support, supervision and training to enable Volunteers to enhance their volunteering work and to provide employment opportunities in the wider community.

All NECA volunteers can expect fair and equal treatment including payment of travel expenses, access to all relevant policies and procedures and involvement in a variety of the decision-making bodies and processes.

## **Purpose of the Music Project**

Music is a great stress reliever and encourages relaxation which puts people in a contemplative state ready to look at their lives and situations. We believe that music can be uplifting without being judgmental, spiritual though not necessarily religious and familiar to a wide audience and therefore it provides one of the perfect mediums to work with people to address their behaviour's in relation to substances.

One of the primary aims of this project is to provide entertaining and meaningful musical and artistic expressions with positive messaging, through a mixture of individual testimonials with humour, to those addicted to alcohol or other substances as well as to their families and loved ones.

## **Role Purpose - Tasks and Activities**

- ◆ Assist staff from the service to provide and promote the project.
- ◆ Be available for at least one evening per week to help develop the project and to support clients to play an instrument.
- ◆ Engage with NECA staff delivering the project to plan and structure the process of leading a music project.
- ◆ Perform duties independently with some clients but within the service building.
- ◆ Have a sound knowledge of music and a keen willingness to teach people how to play an instrument.
- ◆ Assist in plans to establish a route for clients to take their recovery outside of the service provision; this could include helping the clients to establish a band or group to take their interests further.
- ◆ Assist Recovery staff and Recoverees in taking the agenda out into the community; this could include involving bars and pubs to establish "dry nights" in the town to offer recoverees a chance to engage fully in their musical outputs in a safe and alcohol free environment.

**By volunteering with us, you're helping to make a difference to your community and the health and happiness of countless people.**

**For further information and details on other volunteer roles please visit [www.neca.co.uk](http://www.neca.co.uk) or contact NECA Darlington on 01325 267230**