



## THE SALISBURY CENTRE - VOLUNTEER ROLE TITLE: MEDITATION LEADER

### ABOUT DAILY MEDITATION AT THE SALISBURY CENTRE

When the Salisbury Centre was opened in 1973, part of the practice of the first residents was daily meditations. At various times through the Salisbury Centre's history daily meditations were held. Many people feel that daily meditations are important to maintain the spiritual integrity of the Centre, so when the Centre reopened in 2012 the trustees reinstated the twice-daily drop-in meditations. The form is 30 minutes' silent seated meditation, not associated with a particular practice or religion according to the ethos of the Salisbury Centre and to accommodate people of any background.

Our daily meditations are free of charge, held at 8:00am and 5:30pm Monday through Friday.

### ROLE DESCRIPTION

The daily meditations are facilitated by a group of volunteers who each take responsibility for a time slot. There is an option to share your weekly slot with another volunteer.

The meditations are not classes or guided sessions. You may draw on your own practice and experience when asked questions, and you may open the meditation with a brief dedication/invocation/prayer/offering of your choosing - or nothing if you wish.

#### *Specific tasks*

- Prepare the room to make it comfortable and welcoming including adjusting heating, putting out a selection of chairs, stools, cushions and blankets
- Let visitors into the Centre and direct them to the room
- Explain to new visitors the form of the meditation, and the start/end signal
- Keep time to allow visitors to continue their day without stress
- Ensuring the room is tidy for the next users

### SKILLS, EXPERIENCE, ATTRIBUTES & COMMITMENT REQUIRED

#### Essential:

- Experience of meditation
- Willingness to hold a welcoming space for new and old visitors to the Centre
- Willingness to regularly use an email account for communication within the volunteer group
- Willingness to act with respect to the [Centre's Terms & Conditions](#), Salisbury Centre's [vision and mission](#), community members, other centre users and the environment

**Advantageous:**

- Experience of working as part of a team
- Experience working or volunteering in a small charity or organisation
- A passion for community-run and/or volunteer-led initiatives

**Commitment required**

Each volunteer will usually take responsibility for one weekly time slot. However, we want to make sure that volunteering with the Salisbury Centre fits in with your other responsibilities and commitments. In conversation we can agree on a commitment that works for you in terms of how often and how regularly you can volunteer.

## INCLUSIVITY & ACCESSIBILITY

We are striving towards a diverse and inclusive community environment, therefore we gladly welcome volunteers from all races, gender identities, ethnic minorities, ages, classes and sexual orientations. While the Centre is not currently fully physically accessible (see below) we welcome differently abled volunteers.

**Physical access**

The meditations are normally scheduled in the Wellspring Room on the ground floor but may sometimes be held in the Studio upstairs. We regret that we don't have disabled toilets available yet (this is in the pipeline for the Summer of 2020).

If you have particular access needs, please let us know of anything we can do to support you to volunteer in the Salisbury Centre.

## SUPPORT FOR VOLUNTEERS

All volunteers will receive both a general Centre induction and a role-specific induction, and we will do our best to provide any training you need for your role. The Meditation volunteers are a self-organising group, so skill shares may be coordinated between volunteers.

You will be part of a wider team of volunteers from different backgrounds, with regular (optional) socials and gatherings in the lovely premises of the Salisbury Centre.

## WHAT'S NEXT?

If you're interested in this role, please fill out the 'Registration of Interest Form'. If you don't already have this form, or for any enquiries about this role or your application please contact the Centre Manager at [virginia@salisburycentre.org](mailto:virginia@salisburycentre.org)

To find out more about other volunteering roles at the centre please email the Volunteer and Outreach Worker at [mika@salisburycentre.org](mailto:mika@salisburycentre.org) for other ways to get involved.