



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, sexual orientations, and we welcome disabled volunteers.

Physical access

The meditation are normally scheduled in the Wellspring Room on the ground floor but may sometimes be held in the Studio upstairs. The Salisbury Centre has newly built access paths and a disabled toilet. However, access to the garden currently still involves a few steps and there is an upstairs studio. The role does not require particular physical abilities and we are keen to work together on adapting any role to your needs and skills.

If you have access needs of any kind or ideas on how to make the project more accessible, 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 Chloe on chloe@salisburycentre.org

To find out more about other volunteering roles at the centre please email the Volunteer and Outreach Worker at volunteers@salisburycentre.org for other ways to get involved.