

Volunteer Group/Workshop Support Facilitator Role Description

Role Title:	Group Volunteer
Hours:	Flexible, groups and workshops vary between 1 and 3 hours long
Responsible to:	Service Lead/Co-ordinator
Base:	Scarborough and Filey
Aim of role:	To support the group/workshop co-ordinator and attending clients

Background

We are seeking volunteers to support group working in a variety of different ways. Through our MindSide service, we will be running a range of support groups, one off workshops and short programmes of workshops such as creative writing. We're looking for volunteers who can help support these, ensuring attendees feel included and welcome, having a chat with someone who needs to take a few minutes out from the group or sharing some of your own experience and skills. These sessions will be run by a qualified member of our support team so you'll have plenty of support and guidance in the role.

Support in a group is often a valuable opportunity for people to reduce their social isolation, get support from peers and learn new skills and hobbies. As well as the support groups and topic focused workshops, we also offer a range of free or low-cost sessions for people to come together and would love volunteers to be a central part of this, sharing a skill or hobby with a group of clients or just meeting and greeting attendees.

You don't have to commit to supporting a group indefinitely, lots of people benefit from one off sessions that introduce them to a new hobby and any opportunity for people to get together with peers can bring increased confidence and self-esteem.

Main Duties

- Help setting up and clearing up
- Welcoming attendees and getting people settled with a cuppa
- Chatting with attendees
- Supporting group/workshop facilitator with pre-planned activities
- Providing a listening ear and supportive shoulder for someone tackling a challenging subject

Time Commitment

- Any commitment would help, you can support regular sessions or be on the calling list when a new session is scheduled
- Those helping out at support groups such as bereavement would be looking at a monthly commitment of approximately 1.5 hours.



Who are we looking for?

People who volunteer come from all walks of life with a range of interests and personalities.... that's exactly what's needed as people seeking support also have a range of interests and personalities! Mostly we need people who:

- Are comfortable talking in a group environment and getting conversations started
- Have empathy and compassion, particularly for people struggling with mental illness
- Have lived experience of enduring mental ill health
- Will follow policies and procedures, asking questions if they need to
- Are reliable
- Have an understanding of confidentiality
- Have a skill or a hobby they are passionate about and want to share!

Why volunteer with us?

Most importantly, you will make a difference to someone's life but there's many other reasons to volunteer with us!

- You will be given induction training to cover everything you need to know for the role to be done safely and enjoyably. You'll also be offered places on other training (not compulsory) if you are interested in developing further skills and knowledge
- You will receive ongoing support throughout your volunteering with a dedicated coordinator
- Boost your confidence and develop new skills
- The opportunity of meeting new people and working as part of a dedicated team. You'll have opportunities to meet up with other volunteers and members of the wider team for peer support and social/thank you events
- Valuable experience of volunteering that you can add to your CV and we can provide references for employment or education applications

Application Procedure

- Application Form
- Informal interview
- Induction training
- References (2) and Enhanced DBS

For an informal chat, contact our office:

Phone number: 01723 339838

Email: info@swrmind.org.uk

