

BeOK Neurodiverse Group Co-Facilitator

Volunteer Role Profile

BeOK is our support service for people aged 16 to 25. We have dedicated youth workers who can help through 1-1 support sessions at our offices out in the community or through phone or video calls. Regular workshops and social activities are also offered both online and in-person, including a weekly online peer support group for neurodivergent individuals.

What's involved:

This role involves co-facilitating the online neurodiverse group with a member of staff from the BeOK team.

The group runs online on Wednesday evenings from 6-7pm every other week (the time and day of this group may change)

- Preparing/Co-producing sessions
- Running activities within the group
- Providing lived experience within the online discussion

What we ask for:

- That you are practical, considerate of others and patient
- That you are a confident communicator with good listening skills
- Have an enthusiasm for working with young people
- To respect the confidential nature of the service and maintain an appropriate professional attitude and boundaries
- Understanding or lived experience of neurodivergence
- Utilising lived experience to support others in their recovery
- Access to a reliable internet connection, suitable equipment for Zoom video call and a private and quiet space for the time of the online group
- To adhere to all applicable West Sussex Mind policies and procedures when in your volunteering role with us

How we help our volunteers and benefits

Welcome you to West Sussex Mind with a package of training and information needed to carry out the role.

- You will meet new people, have the opportunity to learn new skills and take part in regular in-house training
- We will reimburse pre-agreed expenses in line with West Sussex Mind's policy.
- We will check-in regularly to ensure you are enjoying your volunteering role through 1-2-1s, volunteer meetings, social and learning networking days.
- Conversations will be had before you start about any reasonable adjustments required and a mini-Wellness Action Plan created to best support you in your volunteer role

Add any additional benefits or supports particular to your service to this list

Our Values

- We are equitable
- We are open
- We work together
- We are curious
- We are unstoppable
- We strive for excellence

Volunteer Recruitment Process

For selected applicants there will be an interview with the Service/Project Managers

If successful, 2 references will be requested as part of the recruitment checks and 6 essential e-learning modules will be required to be completed before starting in the volunteer role.

Because the role involves working closely with vulnerable people, we need to complete an Enhanced Disclosure and Barring Service check.

Support will be available for any technical, language or literary support required.

For more information, please email volunteering@westsussexmind.org