

## ***BeOk LGBTQIA+ Peer Volunteer Group Facilitator Role***

### **Volunteer Role Profile**

The BeOk service is a service for people aged 16-25, we provide goal focused emotional wellbeing to young people. We provide one-to one support for those aged 16 – 18, those aged 19+ can access the same support in our adult teams and the groups and workshops we provide are open to 16 – 25 year olds.

### **What's involved:**

West Sussex Mind BeOk service is launching LGBTQIA+ peer led groups and would like to recruit **a peer volunteer**, aged 18+, to support us with designing the content and facilitating these groups. This role is essential to ensure that the group is supported by someone from the LGBTQIA+ community. A peer volunteer is someone who provides support, guidance, and information to others based on their own lived experiences. They often work with individuals who share similar challenges or circumstances, peer support is about sitting in solidarity with the person.

The role of a Volunteer Facilitator is to support the group's delivery, ensuring a welcoming and supportive environment for all.

In-person groups may be at any WSX Mind Hub in **Southwick, Worthing or Littlehampton** and your location preference will be acknowledged. Groups may also be held **online via zoom**.

**Volunteering for a minimum of 2 hours per month** (days and time to be confirmed in due course, will be within working days and hours)

*You will need to be available for our Peer Volunteer Training course on Tuesday mornings from 14<sup>th</sup> October – 9<sup>th</sup> December in Littlehampton.*

### Key Tasks:

- To support staff in designing and delivering LGBTQIA+ Peer Support Groups including suggesting themes and activities
- To support the process of creating a welcoming and friendly environment – Ensuring groups are effectively set up prior to running and being involved in welcoming individuals arriving into the service
- Willingness to use own personal lived experience to provide support to others, alongside a clear understanding around setting boundaries to ensure support is given effectively and safely

- If in-person - to set up at the beginning of session and clear up at end of sessions including, arranging equipment, wiping surfaces, moving furniture, washing up etc.
- If online - to support, co-facilitate, or lead on social groups e.g. online quiz, bingo, TV/ film watch-party, book club, or discussion
- To contribute to effective communication within the team and be responsible for playing a full part in effective team working
- To ensure a safe environment is maintained during the group session for all individuals, including alerting the staff to any safeguarding or health and safety concerns

**Volunteering for more than one group per month is an available option**

## **What we ask for:**

- To adhere to all applicable West Sussex Mind policies and procedures when in your volunteering role with us
- Lived experience of Mental Health challenges as someone from the LGBTQIA+ community
- Good literacy, IT and verbal communication are needed for this role, although no formal qualifications are essential
- Well-motivated and able to learn, willing to seek advice appropriately and accept supervision and training as required
- Good strategies and skills around own self-care
- Have an enthusiasm for working with young people, enabling them to achieve personal goals and are committed to being part of the service on a regular basis.
- To respect the confidential nature of the service and maintain an appropriate professional attitude and boundaries
- Your mental health being at a point of relative stability, giving you the resilience to thrive in this role and enabling you to meet the required time commitment

## **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. Including an eight-week peer volunteer training course.
- 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.

**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 literacy support required.

For more information, please email [volunteering@westsussexmind.org](mailto:volunteering@westsussexmind.org)