

Communities in Mind Online Social Activities Facilitator

Volunteer Role Profile

A wonderful opportunity to volunteer with Communities in Mind, our older people's service, from the comfort of your own home. We are looking for an enthusiastic and engaging person to deliver our online social activity group (usually quizzes, games and conversation) to people with mild to moderate mental health needs, those who may be isolated or who have lost confidence. You will have good people skills and the confidence to manage and lead the group.

What's involved:

- To undertake research, compilation, and preparation of resources for each activity to ensure that they are interesting, appropriate to the age, experience and needs of the group using a variety of methods and styles
- Delivering weekly sessions at the agreed time
- Seeking and hosting occasional online visiting speakers
- Coming up with ideas for other online activities in consultation with service users
- To be lead the online session, interact appropriately, steer the conversation and keep the group engaged
- Reporting back to the supervisor about attendance and raising any issues/concerns

Location & Timings – Online (Zoom – accessed remotely), Thursday 2-3pm on 1st/2nd/4th Thursday of each month. 3rd Thursday of the month is face to face in Rustington

What we ask for:

- Excellent communication and people skills that can reach through the screen!
- Good group management and observation skills
- INterest in, experience, or understanding of older people and/or people with mental health needs
- Curiosity to find appropriate content for activities and occasional speakers
- Being non-judgemental, empathetic and calm
- Understanding the need for confidentiality and professional boundaries
- Technical skills and requirements: access to computer in a quiet secluded setting during session times and an understanding of Zoom or willingness to learn
- Reliability to deliver the group at the specified time
- 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

- During the recruitment process volunteers are given access to our e-learning platform and assigned a few essential courses to prepare them for volunteering; this is then followed by a live Volunteer Induction that aims to bring the e-learning to life
- 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
- All volunteers have access to our Assistance Program which includes 24/7 phone support from trained and specialist counsellors and 6 weeks of phone counselling

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 7 essential e-learning modules (totalling 4 hrs) 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 a (insert level) 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