



Service name

Families in Mind

Parent and Families group volunteer

This role involves supporting staff to deliver our mental health and wellbeing support through our parent support service, Families in Mind. Co-facilitating online and in person group sessions to support people who use our service to improve their mental health and wellbeing.

Because the role involves working closely with vulnerable people, we need to take up two references and a Disclosure and Barring Service check.

What's involved?

Volunteering a minimum of 2 hours a week alongside the Families in Mind team to help with one or more of the following:

- Support people who use our service to take part in our drop-in or online group sessions.
- Practical help making refreshments and ensuring a welcoming atmosphere for parents.
- Support through individual conversation in the group.

What we ask for

- That you are practical, caring, considerate of others, empathetic and patient.
- That you are a confident communicator with good listening skills.
- Knowledge and experience or involvement with parents and early childhood would be welcome.
- Understanding or lived experience of mental health needs, this is not essential for the role.
- Would be committed to being part of the service on a regular basis.

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 to 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.

For more information, please email rosemarie.hegarty@westsussexmind.org