

## Volunteer LGBTQIA+ Group Facilitator

### Role Profile

West Sussex Mind (WSX Mind) works within Pathfinder West Sussex which is an alliance of organisations working together to enable people with mental health support needs and their carers to improve their mental health and wellbeing. Following Service User consultation, West Sussex Mind is launching LGBTQIA+ Peer Led support groups across our services.

**These monthly groups will be face-to-face and online via Zoom/Teams.**

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.

### What's involved:

**Volunteering for a minimum of 3 hours per month (days and time to be confirmed in due course, will be within working hours):**

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
- POTENTIAL – Opportunities for one-to-one support of service users who attend different LGBTQIA+ groups to the one you facilitate and development of social activities outside of facilitated structured group

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

### **What we ask for:**

- 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
- 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
- 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
- Opportunity to develop skills and confidence around supporting others which could lead to wider volunteering or work in the sector

### **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 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 take up an Enhanced Disclosure and Barring Service check.

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