

Parent & Family Group Facilitator

Volunteer Role Profile

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

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

- Supporting people who use our service to take part in our group sessions
- Practical help making refreshments and ensuring a welcoming atmosphere for parents
- Offering 1:1 support to Service Users attending the group

What we ask for:

- To adhere to all applicable West Sussex Mind policies and procedures when in your volunteering role with us
- 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 (need not be in a formal setting)
- Understanding or lived experience of mental health needs is desirable but not essential
- 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 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

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 4.5 hrs) will be required to be completed before starting in the volunteer role.

Because this role involves working closely with vulnerable people and children, we need to complete an Enhanced Disclosure and Barring Service check with Children's Barred List.

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

For more information, please email volunteering@westsussexmind.org