

## Volunteer role profile

### Resettled Refugee Service Group Co-facilitator

*This is a specialist peer support role – for anyone who is from a refugee background or has lived experience of forced migration.*

#### The Resettled Refugee Service:

The service delivers mental health support to resettled refugees across West Sussex. Support includes goal focused one-to-one sessions, group workshops and access to a range of social activities, signposting and support to access other services.

#### What's involved in the role:

- Co-facilitating in-person group sessions to support people who use our service to improve their mental health and wellbeing.
- Supporting staff with the smooth delivery of the workshop including assisting in setting up and clearing away after a session, helping to make refreshments, and creating a welcoming atmosphere.
- Supporting service users who may be anxious or unfamiliar with the space to attend by helping them to settle in and checking in with them at the end.
- Encouraging service users to participate in group workshops by creating a supportive environment
- To support staff in designing the course materials including suggesting themes and activities.
- 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

#### Where and what time:

Volunteering for 2-3 hours per week.

Dates, time and locations of groups To Be Confirmed but will be face to face between 9-5pm Monday – Friday in either Southwick, Littlehampton, Worthing or in the wider West Sussex area.

Recruiting for multiple volunteers within West Sussex.

## What we ask for:

- To adhere to all applicable West Sussex Mind policies and procedures when in your volunteering role with us
- An understanding of forced migration and the unique challenges faced by those from refugee backgrounds
- To be empathetic, culturally sensitive and trauma informed in your approach (Training provided).
- Good level of spoken English and reading ability (for training and course materials)
- Service users attending these workshops will have varying degrees of English. It is essential that volunteers approach language differences in a warm and encouraging manner.
- Additional spoken languages including Arabic, Ukrainian, Pashto, Dari, and Somali are strongly welcomed, but are not a requirement for the role.
- 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

- 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, learn new skills and take part in regular in-house training
- We will reimburse pre-agreed expenses, e.g. travel expenses, in line with West Sussex Mind's policy
- Pathway to employment support available
- 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 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 literary support required.

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