

Walking Group Facilitator - Chanctonbury Volunteer Role Profile

Introduction

This role involves supporting our Social Activities staff team to develop and deliver one of our groups to our Service Users to improve their mental wellbeing.

Group Description - Our walks are held in various locations across Chanctonbury including Pulborough, Storrington, Steyning and Petworth. An opportunity to get outside, interact with nature, feel the sun on your face or jump in puddles. Join in with others and sometimes group members pop into a café.

This role involves leading attendees in a social conversation group. Support and encourage regular attendance. To listen to the conversations, actively acknowledge good coping strategies, developing a proactive curiosity about their own mental health. To maintain the safety of the group by ensuring that the Group Agreement guidelines are adhered to and if they are breached that the appropriate action is taken.

What's involved:

Volunteering for 2 hours a week on Wednesdays from 12.45 - 2.45pm (Walk/Session 1 – 2.30pm)

Key Tasks:

- Support people who use our service to take part in the group, connecting and conversing, where able.
- Create a welcoming atmosphere for Service Users.
- Implement the Group Agreement and challenge Service Users when there are breaches.
- To have an understanding of the 5 Ways to Wellbeing and how this can support Service Users to take ownership of their mental health and empower independence. (Training provided)
- Celebrate the skills of the group and help us to signpost attendees to local clubs to improve their confidence in social skills
- Keep a register of attendance
- Raise any issues or safeguarding concerns with relevant WS Mind Staff in line with our Confidentiality Agreement

What we ask for:

- That you are practical, caring, considerate of others, empathetic and patient.
- That you are a confident communicator with good listening and facilitating skills.
- Have an enthusiasm for working with people, enabling them to achieve personal goals and are committed to being part of the service on a regular basis.
- Understanding or lived experience of mental health needs desirable, this is not essential for the role.



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.
- You will get to see Service Users develop skills which will positively impact on their lives, improving their self-esteem and developing independence.

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 6 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 two references and a Disclosure and Barring Service check.

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

For more information, please email socialactivities@westsussexmind.org or volunteering@westsussexmind.org