

Creative Colouring (Adaptable group)
Volunteer Role Profile

Introduction

This role involves supporting our Social Activities team to develop and deliver a group to our service users to improve their mental wellbeing.

Group Description – This group currently provides a safe and calm space for service users to engage in a series of pattern and colouring projects set by the facilitator. These include either providing already designed stencilled or outlined images that are then to be coloured however the service user feels fits. If service users wish to challenge themselves further they can be provided the prompt and design the stencil for the image themselves, being able to put their thoughts onto paper and see what designs come from their emotions.

The projects have a simple premise that you can make as easy or as complex as your ability allows. The group's purpose is to use creativity to quiet your mind and distract you from worries in a calm and mindful space. Connections can be made with your fellow Service Users, as you discuss ideas and designs together. The volunteer will guide you through the project and be on hand to help you if you need it.

At Worthing, the group is held in the Main Space, which is light and airy, and we have a maximum of 16 places. This provides opportunities to talk without it feeling like there is an overwhelming number of people.

To maintain a calm and reflective environment, there is a limit on spaces and those that wish to come along will need to book a place each time you wish to attend.

This role is to 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. To support Service Users to take ownership of their mental health and empower independence.

What's involved:

Volunteering for a minimum of 2 hours per week

Key Tasks:



- Support people who use our service to take part in the group, connecting and conversing, where able.
- Set projects for each week or a series of weeks for the service users to concentrate on
- Create a welcoming atmosphere for Service Users, ensuring refreshments are available.
- Implement the Group Agreement and challenging Service Users if 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, 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, 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.

Add any additional benefits or supports particular to your service to this list

- 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