

Painting Online Group Facilitator

Volunteer Role Profile

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

This is a Zoom session for anyone who is interested in Art & Painting. It is designed to give you the time and space to connect with others and allow yourself the joy of doing your own art project. The facilitator is knowledgeable in this arena and understands the benefits of creativity for your mental health. You are welcome to bring any craft along. It's a fun supportive group of all abilities with a relaxed environment for anyone that wants to create.

This online group is open to all Service Users at West Sussex Mind. 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 to facilitate the group.

Key Tasks

- Welcoming attendees into the online group and hosting the session to create a social, inclusive and fun environment
- Hosting the activities within the session and facilitating conversation within the group
- Implement the Group Agreement and challenge 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)
- Reporting back attendance and any issues raised in the session to the Social Activities Coordinators

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
- Competent technical skills to deliver this group online and understand workings of Zoom
- 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 essential 5 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 an Enhanced 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