

'Stronger Together' Group Facilitator

Volunteer Role Profile

Introduction

This role involves supporting our Social Activities team to develop and deliver one of our 'Stronger Together' groups to our service users to improve their mental wellbeing.

Group Description – This is a mental health discussion group on the lived experience of being a man. It is open to everyone to talk, really talk about the issues that affect them most. The emphasis is on sharing your experiences, learning from each other and engaging with the attendees. Developing trust, with oneself and in relationships, which may have been eroded over time. The group is open, positive and there is a lot of laughter. The group is led by a Peer Volunteer who has lived experience of being a man and facing mental health challenges. It is a semi-structured group with a weekly topic focus selected by the facilitator(s), it is a time-limited, not open-ended group running on an approximately a 6-8 week rotation.

This role involves leading attendees through a peer check-in and discussion on the weekly topic. 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.

What's involved:

Volunteering for a minimum of 2 hours per week on Thursdays 2 – 4pm at the Annex, Methold House, North Street, Worthing BN11 1DU

Key Tasks:

- Develop focus topics for each weekly group, in collaboration with West Sussex Mind recovery teams and service users
- Support people who use our service to take part in the group connecting and conversing, where able.
- 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
- Raise any issues or safeguarding concerns with the Social Activity Coordinators 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 5 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 volunteering@westsussexmind.org