



## Wellbeing Group Volunteer – Role Description

- Responsible To:** **Volunteer Coordinator – (wellbeing)**  
**Mental Health Link Worker/ Wellbeing For Warwickshire Group Practitioner (clinical practice)**
- Location:** **Based within community venues across Worcestershire and South Warwickshire**
- Commitment:** **3-4 hours weekly, for a minimum of 6 months**
- Requirements:** **Volunteers need to be aged 18+ to carry out this role**

### Role Summary & Impact

If you'd like to use your people and listening skills to support others to better wellbeing, then this role could be for you! Volunteers will support Mind mental health practitioners to deliver local group wellbeing sessions. These sessions are designed to empower people with mental health needs to improve their wellbeing. It's an opportunity for you to learn and develop new skills, and also to make a real difference within your local community.

### About South Warwickshire and Worcestershire Mind

South Warwickshire and Worcestershire Mind's mission is "empowering individuals to access mental health and wellbeing support to thrive in their local communities."

For many people SWW Mind plays a role that is both first and last; the first line of support and the last hope when other services aren't responding. Our promise to service users that all connected with SWW Mind should act in accord with: *"We will listen to you and respond, treating you with respect, doing what we say we will do, and working in a high-quality way."*

Our Vision: A society where people can live free of stigma, discrimination and achieve their personal wellbeing.



### **The Wellbeing Group Volunteer Role**

Wellbeing group volunteers support Mind mental health practitioners to deliver wellbeing sessions within community venues in Worcestershire and Warwickshire, in order to ensure that potentially vulnerable people are able to access support locally. Groups are designed to improve the wellbeing of people with low to medium mental health needs through workshops, peer discussion, and positive activity.

The aim of the groups is to equip individuals with coping strategies and mechanisms for self-help and ultimately allow them to move on and create their own local peer support networks.

Volunteers will co-deliver groups alongside a practitioner. Specifically, they will:

- Help with the setting up of groups
- Support the delivery of activities and smooth running of the group, being on hand to listen to the people who use our services and offer signposting where appropriate
- Be willing to take part in discussions
- Support in ensuring the group is delivered within a safe, welcoming environment
- Take part in practical elements of the session such as making refreshments, completing the register and collating group feedback
- Help to tidy up afterwards

### **Approximate Session Times and Locations**

	<b>Morning</b>	<b>Afternoon</b>
<b>Monday</b>	Redditch	Bromsgrove
<b>Tuesday</b>	Kidderminster	Redditch
<b>Wednesday</b>	Stratford Upon Avon	Evesham / Warwick
<b>Thursday</b>		Evesham
<b>Friday</b>	Stratford Upon Avon	
<b>Saturday</b>		
<b>Sunday</b>		



### **Skills and Experience**

This volunteering role does not require any specific skills or experience. We are looking for people who are:

- Interested in mental health support and promoting wellbeing
- Good communicators who are able to actively listen with empathy and willing to contribute to discussions
- Able to support and empower others to identify and make beneficial changes to support their wellbeing
- Enthusiastic, friendly and welcoming
- Able to demonstrate good organisation skills and reliability
- Able to maintain professional boundaries (training will be provided)

We welcome volunteers from all backgrounds, including those with lived experience of mental ill health or with an academic interest in the issues that affect mental health.

### **What We Can Offer You**

- A chance to develop knowledge and experience of supporting people with mental health needs and grow practical skills such as relationship-building and communication skills
- A quality training programme, including a recognised Mental Health First Aid qualification once you have been volunteering with us for a few months
- Reimbursement of reasonable expenses
- A reference at the end of your commitment
- An opportunity to make a real difference within the local community

### **Screening**

South Warwickshire and Worcestershire Mind follows a volunteer recruitment process that requires all volunteers to undertake an interview and provide references. Volunteers who have contact with the people who use our services will also need to complete an Enhanced DBS check (at no extra cost to volunteers). This is to protect the vulnerable groups who use our services.

### **Training**

Full induction and training will be provided for this volunteering position, including essential eLearning and taught training.