

Volunteer Children & Young Person's Wellbeing Group Facilitator – Role Profile

- Responsible To:** **Volunteer Coordinator – (wellbeing)**
Mental Health Link Worker – (practice)
- Location:** **Community venues (within the Warwick CV34 postcode area)**
- 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 children and young people (aged 5-17) in an activity group setting. Volunteers will help coordinate and facilitate the group and will be a friendly face and consistent point of contact for the children and young people that attend. Over time, volunteers will have the opportunity to co-lead these groups with other volunteers. They'll provide opportunities for the children and young people to continue to build their resilience and confidence to improve their mental health and wellbeing through peer support.

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 Children & Young Person's Wellbeing Group Facilitator Volunteer Role

At SWW Mind, we know that the importance of maintaining and improving children and young people's health is so important. Healthy children are more likely to become healthy adults.

In the Children & Young People's Wellbeing Group Facilitator role, volunteers will facilitate peer support group activity sessions within community venues in Warwick, with guidance from a Mental Health Practitioner.

Sessions are anticipated to run weekly. Some of these will be themed on topics such as social skills, understanding emotions, and exam stress. Some may involve activities focusing on the '5 Ways to Wellbeing', and activities for these may be delivered by external providers with volunteer support.

The aim of the groups is to facilitate peer support for children and young people, increasing their confidence and providing them with coping strategies and mechanisms for self-help.

Volunteers will coordinate the activity groups and support with their delivery. Specifically, they will:

- Help with the setting up of group sessions on the day
- Co-deliver activities and ensure the smooth running of the group, being on hand to listen to the people who use our services and offer signposting where appropriate
- Ensure the group is delivered within a safe, welcoming environment
- Oversee practical elements of the session such as making refreshments, completing the register and collating group feedback
- Tidy up afterwards

Skills and Experience

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

- Keen to help make a difference in the local community
- Able to demonstrate empathy and a friendly and welcoming attitude
- Good communicators who are able to actively listen
- Willing to learn and to get stuck in
- Able to demonstrate good organisation and planning skills and reliability
- Able to support and empower others to identify and make beneficial changes to support their wellbeing



We welcome volunteers from all backgrounds, including those with lived experience of mental health challenges 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 certification 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

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.