



Volunteer Social Group Facilitator – Role Description

- Responsible To:** **Volunteer Coordinator – (wellbeing)**
Mental Health Link Worker (clinical practice)
- Location:** **The Old Needleworks, Redditch**
- Commitment:** **3 or 6 evening 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! You will co-lead the delivery of local social groups designed to support people experiencing loneliness and social isolation. These sessions are designed to support those people to meet others, build relationships, and build longer-lasting resilience. 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 Volunteer Social Group Facilitator Role

Volunteer Social Group Facilitators co-lead the delivery of local social groups designed to support people experiencing loneliness and social isolation. Two allocated evening social sessions will give people the opportunity to safely meet others, engage in peer support, chat, and play board games etc. You'll ensure a friendly welcome and a supportive environment for people who come along. You'll play a direct role in enhancing people's wellbeing by enabling a reduction of feelings of isolation and loneliness, being a listening ear if needed, and encouraging people to engage in activities that support improved wellbeing.

The aim of the groups is to equip individuals with social skills and ultimately allow them to create their own local peer support networks.

Volunteers will co-deliver social groups with another volunteer. Specifically, they will:

- Set up social group sessions
- Supervise activities and the smooth running of the group
- Be on hand to listen to the people who use our services and signpost to further support where appropriate
- Be willing to take part in discussions
- Ensure that 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
- Tidy up afterwards

Skills and Experience

This volunteering role does not require previous qualifications or experience of supporting people with their mental health, though good people skills are essential. We're looking for volunteers who are:

- Interested in mental health support and promoting wellbeing
- Great 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 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 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. There is also an ongoing support programme in place.