



Mind BLMK

Volunteer Opportunity

Opportunity title:	Peer Support Group Volunteer, Bedford
Closedown date for applications:	Wednesday 1 st August 2018
Duration of volunteer placement:	Ongoing
Staff support:	Sue O'Callaghan (Peer Support Coordinator) Lisa Steggles (Peer Support Worker)
Based at:	Bedfordshire Wellbeing Centre, Bedford
Working days:	Wednesday 10.00am – 2.30pm,
Summary of duties and objective:	<ul style="list-style-type: none"> • Use own experience to support others on their recovery journey; help staff facilitate peer support groups for individuals to gain and maintain positive mental wellbeing, • Continue group facilitation if a service users need adhoc 121 support from staff member. • Provide support and encouragement to service users to participate in a group or activity that is taking place. • Support and encourage service users to socialise and gain confidence. • Promote recovery and wellbeing for individuals with a view to them accessing other groups/activities within their local community. • Help with refreshments. • To assist with setting up for the session, setting up tables and chairs, arranging resources and packing away at the end of the day. • Talking with and listening to service users who may require someone to listen to them.
Expenses covered:	<ul style="list-style-type: none"> • Mileage and parking
Skills and experience needed:	<ul style="list-style-type: none"> • Lived personal experience of mental health issues, recovery and wellbeing. We will also consider applicants who have considerable experience of supporting others with mental health difficulties. • Ability to motivate others. • Enthusiasm. • Good communication skills. • Good listening skills. • Health and Safety awareness. • To be non-judgemental. • To be able to work using own initiative. • Must have a good level of fitness

Other requirements/expectations:	<ul style="list-style-type: none"> • Age 18 or over • Complete application form in full • Attend a short informal interview for selection • Successfully complete a trial period • Satisfactory DBS clearance • Two satisfactory references • Successfully complete Mind BLMK Induction Training • Successfully complete SOVA and Moving and Handling Principles training • Ability to attend regular support/training meetings that may be held in the evenings or the weekend • To ensure confidentiality within the service. • To give reasonable notice of non-availability.
Restrictions:	None