

Mind BLMK

Volunteer Opportunity

Opportunity title:	Volunteer Support Worker, Ampthill
Closedown date for applications:	Friday, 23 August 2019
Duration of volunteer placement:	Ongoing
Staff support:	Tim Saunders (Recovery Co-ordinator) Mike Oliver (Recovery Worker)
Based at:	Methodist Church, Dunstable Street, Ampthill
Working days:	Mondays (4 th Monday of the month) – 6 – 8 pm Thursdays (weekly) 10.00 am – 3.30 pm (This includes a morning walking group – volunteer between 2 and 5.5 hours to suit your needs.)
Summary of duties and objective:	<ul style="list-style-type: none"> • Use own experience to support others on their recovery journey; help staff facilitate support groups for individuals to gain and maintain positive mental wellbeing. • Continue group facilitation if a service user needs ad hoc 121 support from staff member. • Provide support and encouragement to service users • Promote recovery and wellbeing for individuals with a view to them accessing other groups/activities within their local community • 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 be upset
Expenses covered:	Mileage and parking



Mind BLMK T: 0300 330 0548, W: mind-blmk.org.uk

Registered Company Address: The Rufus Centre,

Steppingley Road, Flitwick MK45 1AH

Registered Charity No: 1068724 Registered Company No: 3511342

<p>Skills and experience needed:</p>	<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 if interested in walking
<p>Other requirements/expectations:</p>	<ul style="list-style-type: none"> • Age 18 or over • 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 • To ensure confidentiality within the service. • To give reasonable notice of non-availability.
<p>Restrictions:</p>	<p>None</p>



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