

## Volunteer Opportunity

<b>Opportunity</b>	Peer Support Group Volunteer, Milton Keynes
<b>Closedown date for applications:</b>	n/a
<b>Duration of volunteer placement:</b>	Ongoing
<b>Staff support:</b>	Jessica Young (Peer Support Facilitator) Victoria Sharp (Service Manager)
<b>Based at:</b>	Via Zoom/Milton Keynes Wellbeing Centre.
<b>Working days:</b>	<ul style="list-style-type: none"> <li>Monday Mixed Peer Group, running on Zoom 10-11:30am</li> <li>Tuesday Men's Peer Group, running on Zoom 6:30pm-8pm</li> <li>Thursday Young Person's Peer Group running on Zoom 6-7:30pm</li> </ul>
<b>Summary of duties and objective:</b>	<ul style="list-style-type: none"> <li>Support staff to facilitate peer support sessions and complete ad hoc tasks.</li> <li>Provide support and encouragement to service users to participate in the group that is taking place.</li> <li>Support and encourage service users to socialise and gain confidence.</li> <li>Promote recovery and wellbeing for individuals with a view to them accessing other groups/activities within their local community.</li> <li>Help with refreshments.</li> <li>To assist with setting up for the session, setting up tables and chairs, arranging resources and packing away at the end of the day.</li> <li>Talking with and listening to service users who may require someone to listen to them.</li> </ul>
<b>Expenses covered:</b>	Mileage and parking
<b>Skills and experience needed:</b>	<ul style="list-style-type: none"> <li>Lived experience of mental health issues to motivate and inspire others as per the peer support model.</li> <li>Ability to motivate others.</li> <li>Enthusiasm.</li> <li>Good communication skills.</li> <li>Good listening skills.</li> <li>Health and Safety awareness.</li> <li>An understanding of recovery and wellbeing.</li> <li>To be non-judgmental.</li> <li>To be able to work using own initiative.</li> </ul>

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