

## **VOLUNTEER THERAPEUTIC SOCIAL GROUP FACILITATOR- ROLE DESCRIPTION**



HEY Mind's Volunteer Social Group Facilitators offer support to the Wellbeing Support Worker in delivering a specialist mental health social group for the people who access our services. The Social Groups provide an opportunity for peer support; to re-learn lost skills and find new ones; to regain confidence and self-esteem; to reduce isolation; to increase independence and to build a new social network.

The volunteer, with support from the Wellbeing Worker, will facilitate the group, ensure clients feel supported and participate in the programmed activities, and help clear up after the group. The volunteer may also be involved in setting up new client led activities for the group.

### **TASKS INVOLVED:**

- Preparing the venue at the beginning of the session; arranging tables and chairs; setting out equipment, arranging teas and coffees
- Welcoming clients and sitting down with them; giving them one to-one time or encouraging group interaction
- Supervising and supporting the group, reporting any issues to the Wellbeing Worker
- Organising group sessions
- If relevant, looking after the petty cash tin, giving expenses as advised.
- Packing away and tidying up after at the end of the day
  
- To complete a one day induction into Volunteering course
- To regularly attend a peer support group with the Wellbeing Worker
- To complete weekly diary sheets in conjunction to group sessions
- To keep in touch with the volunteer team, requesting help and feeding back progress on a regular basis
- To attend and participate in frequent group/individual support sessions
- To participate in other activities such as training, when required

### **DESIRED SKILLS/ABILITIES:**

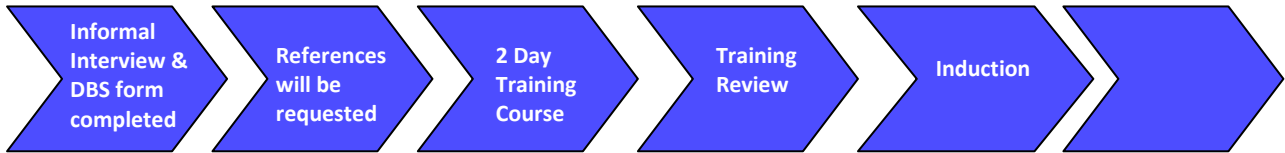
- Good communication skills with a wide range of people
- Good interpersonal skills
- Ability to motivate yourself and a group
- Ability to use own initiative
- To be flexible and reliable
- Experience of supporting/running a group
- Experience of working with vulnerable adults
- As this role requires a DBS check and extensive training we hope each volunteer is able to commit for 6 months minimum.

### **WHAT YOU WILL GAIN FROM VOLUNTEERING IN THIS ROLE:**

- The satisfaction of knowing you have helped a group of clients

- Group facilitating experience
- A better understanding of mental health and how this can effect individuals
- Organisational & communication skills
- The opportunity to be part of a team and meet new people

#### **WHAT HAPPENS NEXT?**



If you do not meet the requirements at any stage your application may not be taken further. We will contact you to inform you of this and give you the opportunity for feedback.