

Role Description: Group Volunteer

Responsible to: Volunteer Coordinator

Time commitment: A minimum of 2 hours per week

Location: *Face to Face groups:*

- Borehamwood Fridays 1pm – 3pm
- Watford Tuesdays 4pm – 6pm
- Ware Tuesdays 11am – 1pm

Online groups:

- Saturdays 11am – 1pm
- LGBTQ+ Group – Mondays 6.30pm – 8.30pm

Who we are:

We deliver essential mental health support in Hertfordshire, providing a diverse range of services from our eight centres and other locations across the county. Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer separate services for 5-18 year olds. We help individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their wellbeing. We offer opportunities for individuals to get support to allow them to recover from or live with mental ill health.

Purpose of role:

We are seeking empathetic and understanding volunteers to support service users experiencing mental ill health who attend our Wellbeing and Meeting Place groups. This is a great opportunity for anyone looking to develop their understanding of mental health issues and/or support people that are experiencing mental illness.

Main tasks:

- Prepare the room ready for the group including setting up tea/coffees.
- Welcome clients to the group and ensure they are comfortable.
- Engage with clients through talking and active listening.
- Signpost clients to other Hertfordshire Mind groups, courses and Peer Support as well as external services which may be of benefit.
- Report any safeguarding issues immediately to the facilitator/member of staff.
- Assist with clearing away • Debrief with Sessional Facilitator after each session.

What we are looking for:

- Empathetic, understanding and non-judgemental individual
- Effective communicator
- Positive attitude

- Understanding of group dynamics and experience of working within groups (not essential)

What we can offer you:

- Two days of training to prepare for volunteering with vulnerable adults.
- Induction and 6 week review
- Regular supervision with Volunteer Coordinator or a named contact at your place of volunteering
- Training opportunities once volunteering with us
- Reimbursement of out of pocket expenses

Next steps:

If you are interested, please complete our application form <http://www.hertfordshiremind.org/join-us/volunteering/> or contact the Volunteer Coordinator on **0203 727 3600**