Mind Hertfordshire Network

Role Description: Group Volunteer

Responsible to: Volunteer Coordinator

Time commitment:

A minimum of 2 hours per week

Locations:

Face to Face groups – Waltham Cross – Thursdays 11am-1pm.

Online Meeting Places – Fridays 6.30pm – 8.30pm, and Saturdays 11am – 1pm.

Who we are:

Hertfordshire Mind is a mental health organisation that promotes mental well-being and provides a diverse range of recovery orientated services to residents across Hertfordshire. We are the largest mental health provider in the county and provide support to over 5000 clients every year.

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.hertsmindnetwork.org/join-us/volunteering/ or contact the Volunteer Coordinator on 0203 727 3600.