

Volunteer Role Description

Title	Practitioner Support Volunteer
Volunteer Lead	Mind and Body Team Leader
Location	Faversham - travel to various sites in Kent
Time Commitment	7.5 - 22.5 hours per week

Role summary

This is an exciting opportunity to volunteer alongside our Mind and Body Team to make a real difference in people's lives and gain experience in the Mental Health Field.

As part of the team you will provide support by helping to facilitate one to one or Group Sessions helping Young People to take a holistic approach to their recovery journey.

What will you be doing?

Group Work

- Supporting the Group Work Facilitator to deliver group sessions(s).
- Participating in debriefs after groups, to share any reflections or concerns about group discussions.
- Supporting staff with the preparation, planning & co-production of new groups.

1-1 Client Support and Outreach

- Supporting Practitioners with notes taking
- Providing advice on support pathways
- Supporting the safety planning provision
- Sitting in on client sessions with a member of staff (where appropriate) to provide support & advice.

Events

- Supporting staff in providing service information to the general public at community events.
- Helping to plan and organise events to promote our services.

What skills and abilities do you need?

- A friendly, positive and approachable manner.
- Ability to work with people in a non-judgmental and solution-focused way.
- Able to work independently and as part of a diverse team.
- Ability to empathise the challenges faced by the people using our services.
- Able to follow instructions and act on own initiative within set boundaries.
- IT literacy; previous experience of data entry and working on recording systems may be helpful.
- Good command of the English Language both verbally and in writing.
- Ability to respect and maintain confidentiality.

What's in it for you?

- Access to relevant training and ongoing role-specific guidance, support and additional learning opportunities throughout your time with us.
- Opportunity to use and develop your skills as part of giving back to your local community.
- Volunteer alongside a friendly and professional team that makes a real difference to people's lives.
- Gain valuable experience and insight into the inner workings of a level 2 mental health service.
- Regular contact and support at every stage of your journey as a volunteer, including an assigned member of staff for supervision and development.
- Reimbursement of out of pocket expenses, in accordance with our

Volunteer Expenses policy.

- An opportunity to feedback about your experience volunteering with us.
- Access to We Are With You employee assist programme

Please note that we require you to be a minimum of 18 years of age to be considered for this volunteering role

This role is subject to a Disclosure and Barring Service (DBS) check at an Enhanced Level.