

**Peer Support Volunteer Role**

Volunteering is a great way to learn new skills and to grow in confidence, as well as it being a way to help others. We believe that everyone has value and something to offer. We couldn't do what we do without our wonderful volunteers. There is strong link between volunteering and improving mental health; previous volunteers have told us volunteering make them feel valued, helps them learn new skills, provides routine, develops experience that can help with applications and looks good when applying for education and employment.

Our Values

* **Openness -** Being receptive to, and appreciative of, the skills, talents and perspectives of everyone
* **Belonging -** Developing kind relationships that lead to feeling accepted, understood and able to contribute
* **Strength -** Recognising and developing potential in others and ourselves, enabling resilience
* **Collaboration -** Generous sharing of our resources, skills and talents enabled by clear and meaningful communication

Peer Support Groups

Our Peer Support groups provide a safe place to share, understand and give mutual support to people who are struggling with their mental health. Peer support connects and provides a confidential place where people can listen to each other without judgement. Through sharing and understanding, we create better wellbeing, increased self-esteem and confidence.

Peer Support Volunteering

As a Manchester Mind Peer Support Volunteer, you will work as part of a team to offer support in a group setting, and occasionally on a 1 to 1 basis, to young people experiencing mental health difficulties. You are not expected to give advice or provide therapy, the aim of the role is to help the conversation flow and lead by example by sharing openly and listening to other without judgment. The aim is to create a mutually helpful, empowering and supportive relationship, using lived experience of mental health difficulties in a positive way.

Volunteers check-in before the session and check-out after the session with the Peer Support Development Worker. Check-ins give you the opportunity to prepare for the session and check-outs are a chance to review and debrief after the session. For face-to-face delivery, volunteers will also need time to prepare the venue space for the group and tidy up at the end.

*Specific responsibilities and duties:*

* Lead and/or assist on the facilitation of support groups for young people
* Provide occasional 1-1 support to group members (the demand for this may increase in the new year)
* Work with the other volunteers to shape the content and structure of the groups
* Help to organise and set up the group sessions (when in-person)
* Communicate the progress and content of the support groups with the Peer Support Group Development Worker
* Attend training when required

Training & Support

We aim to help you build skills and improve your wellbeing whilst volunteering. We hope you will learn new things and experience improvements managing your own mental wellbeing, whilst building connections with your local community. You will receive a full induction before you begin volunteering and you will receive regular training whilst volunteering. You will also be supported by the Peer Support Development Worker and you will have access to our wellbeing services and tools to help you manage your own mental health.

Criteria

We welcome all young people to apply and focus on your ability to demonstrate our values, rather than on your experience. The criteria and qualities for this role are:

* Aged 18-24 years old
* Reliable – consistency is very important to create a safe and supportive environment
* Willingness and ability to share your lived experience to relate to and empathise with other young people
* Excellent interpersonal and communication skills, especially listening skills
* Ability to be non-judgemental, self-aware, patient, flexible and supportive
* An ability to demonstrate our core values (see above)
* An ability to take your own initiative
* An ability to follow safeguarding and health and safety procedures (you will attend training on this)
* Experience in facilitating sessions or a willingness to practice facilitation skills
* A passion for promoting mental health
* An ability to demonstrate reflective practice to: enhance self-awareness and adapt the content and delivery style of sessions to suit the needs of young people

Time commitments

We ask volunteers to commit at least 3 hours each week for at least 6 months. In addition there may be Peer Support volunteer meetings and training to attend, as well as regular monthly supervisions.

Location

Current groups:

Tuesdays – 3 to 6PM in person at the Zion Centre (opposite Hulme Park)

Thursdays – 5 to 8PM online via MS Teams

How to apply

Please apply by completing the application form (which you can find on the website) and send it to cinzia.petrussa@manchestermind.org.

Questions and Queries

If you have any questions you would like to ask before applying please ring 07592381114 or email cinzia.petrussa@manchestermind.org.

**Please note:** To protect our vulnerable service users, this role is subject to satisfactory disclosure from the Disclosure & Barring Service (DBS check) which we will fund on application.

We look forward to hearing from you.