****

|  |  |
| --- | --- |
| **Positive State of Mind Group ROLE DESCRIPTION** | |
| **POST TITLE:** | Volunteer Peer Support Group Assistant |
| **RESPONSIBLE TO:** | *Rosie Sinfield - Positive State of Mind* |

|  |  |
| --- | --- |
| **Main Purpose** | **Overview**  Positive State of mind group is a group for people with lived experience of poor mental health. We meet on a weekly basis and provide support to one another through structured conversations, cups of tea and games.  Tuesday 4:30pm – 6:00 pm Positive State of Mind – Made forever, Kingsmeadow  Wednesday 7:15pm – 9:15pm Positive Sate of Mind – Kingswood Library  **Tasks**   * Be the additional person to support staff member opening up and closing down the buildings. This is a crucial safeguarding requirement for you to be present when this happens. * Support staff to maintain a good dynamic within the group. * Facilitate the group occasionally in the event of staff needing to deal with confidential issues * General group facilitation and set up tasks e.g . welcoming group members, offering tea, washing up mugs, being warm and inviting |
| **Time** | There are two groups which meet on alternate weeks. You’re welcome to support one or both groups.  Tuesday 4:30pm – 6:00 pm Positive State of Mind – Made Forever Youth Centre, Kingswood  Wednesday 7:15pm – 9:15pm Positive Sate of Mind – Kingswood Library |
| **Location** | Made Forever Youth Centre, Kingswood or Kingswood Library |
| **Support and Training** | Volunteer Induction session to the organisation lasting 2 hours  Supervision and support from your staff supervisor.  You will receive training in data protection, confidentiality and safeguarding. |
| **Special notes** | A DBS check is needed for this role. South Brooks Community Partnerships pay for this.  We pay for travel expenses. |
| **About you**  **You can…** | * Confidently welcome people in a friendly and non judgemental manner * Follow safeguarding procedures * Travel to the locations and arrive promptly |
| **You are….** | * Interested in mental health, wellbeing, peer support * Willing to learn about safeguarding * Friendly and empathetic |