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

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| **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
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| **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, KingswoodWednesday 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 hoursSupervision 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
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| **You are….** | * Interested in mental health, wellbeing, peer support
* Willing to learn about safeguarding
* Friendly and empathetic
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