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| **Assistant Wellbeing Facilitator VOLUNTEER ROLE DESCRIPTION** |
| **POST TITLE:** | Assistant Wellbeing Facilitator - Wellbeing Service  |
| **RESPONSIBLE TO:** |  |

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| **Main Purpose**  | **Overview**This role will support the smooth running of a 5-week rolling programme of wellbeing sessions. These sessions focus on the 5 ways to wellbeing and provide information, practical ideas, opportunities for group discussion about how to lead a healthy and happy life. The 5 Ways to Wellbeing is a framework to help people identify the different aspects of their life that can support their mental and physical health. They include: being active, learning, giving, taking notice and connecting with others. More information about these can be found here: <https://neweconomics.org/2011/07/five-ways-well-new-applications-new-ways-thinking> **Tasks** * 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
* Be the additional person to support staff member opening and closing the buildings. This is a crucial safeguarding requirement for you to be present when this happens.
* General group facilitation and set up tasks e.g. welcoming group members, offering tea, washing up mugs, being warm and inviting
* Support the development of resources and collate relevant information to signpost people towards
* Where appropriate, support people to take responsibility and positive action for themselves through an action plan.
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| **Time** | We expect a weekly commitment. Session will be at the same time and place each week.  |
| **Location** |  TBC various across South Glos |
| **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.
* MECC (Making Every Contact Count) course a way to have health and wellbeing conversations with people.
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| **Special notes**  | You will receive free Circadian Trust gym membership while volunteering 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 and wellbeing
* Willing to learn about safeguarding
* Friendly and empathetic
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| **More About the Programme and the team**  | The aim of the Wellbeing Service is to support people to lead healthy and happy lives. It takes place across South Gloucestershire including rural and town locations. It is a partnership of organisations who run different aspects of the service. **Universal Offer** – this is open to everyone and includes physical courses and sessions such as yoga, walking football, tai chi along with mindfulness and other stress relieving courses. Taster sessions for specific people who might find it hard to access general services e.g. carers, LGBTQ+, men, BME. **Wellbeing Sessions** – This is only for people who’ve been referred to them. They might be experience mild depression, anxiety, feel isolated and disengaged with the community and have a physical health condition. In small groups they will have information about the 5 Ways to Wellbeing and have 1:1 conversations about positive actions they can make to help improve their health. **1:1 support –** Some people requiring additional help to access services will be supported 1:1 by Wellbeing Support Workers and Wellbeing Buddy Volunteers. They will be supported to create action plans, supported to attend groups and activities and receive 1:1 coaching to help make behaviour changes. **Enhanced Support -** A number of people with complex health needs will be supported with up to 12 weeks of therapeutic sessions to help them make the changes needed to become healthier and happier. **The partners in the Wellbeing Service are:****[www.oasis-talk.org](http://www.oasis-talk.org  Talking therapies service, providing 1:1 therapeutic health coaching)** [Talking therapies service, providing 1:1 therapeutic health coaching](http://www.oasis-talk.org  Talking therapies service, providing 1:1 therapeutic health coaching)**www.circadiantrust.org** Gyms and leisure centres in South Glos, running activities.**[www.diversitytrust.org.uk](http://www.diversitytrust.org.uk  Providing training and taster sessions to make the programme inclusive. )** [Providing training and taster sessions to make the programme inclusive.](http://www.diversitytrust.org.uk  Providing training and taster sessions to make the programme inclusive. ) [**www.southernbrooks.org.uk**](http://www.southernbrooks.org.uk) Leading the programme and running peer support, 5 ways to wellbeing groups and 1:1 support. [**www.dhi-online.org.uk**](http://www.dhi-online.org.uk)Supporting people recovering from addiction to improve wellbeing |
| **Application Process** | 1. You complete an application form either online, over the phone or paper copy
2. Volunteer co-ordinator looks at your application and gets in touch to arrange an informal interview
3. During the interview you and the volunteer co-ordinate decide if you’re a good match for the role.
4. You might decide not to continue and so might the volunteer co-ordinator. A conversation with feedback about why it’s not a good match.
5. If both you and the volunteer co-ordinator think it’s suitable, you’ll be invited for a test session to see if you like it.
6. After the session the volunteer co-ordinator will follow up with you as to how you found it and receive some feedback from the session leader.
7. You might decide not to continue and so might the volunteer co-ordinator. A conversation with feedback about why it’s not a good match.
8. If you and the volunteer co-ordinator think it’s a good role for you, you’ll be invited to an induction session, receive a welcome pack and offered relevant training to your role.
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