

Positive State of Mind Group ROLE DESCRIPTION

POST TITLE:	Volunteer Peer Support Group Assistant
RESPONSIBLE TO:	<i>Wellbeing Support Worker</i>

Main Purpose	<p>Overview The peer support groups are 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.</p> <p>Tasks</p> <ul style="list-style-type: none"> • 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, by helping the group have constructive conversations and helping to include everyone in the discussion • 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 and Location	<p>Tuesday – fortnightly – currently Made Forever Kingswood – 4.30 – 6 pm Tuesday – fortnightly – Tyndale Primary (Yate Hub) Yate – 12 – 1.30 pm Wednesday – fortnightly – (Positive State of Mind) Upstairs Café Kingswood – 7.30 pm – 9.00 pm Wednesday – fortnightly – new group - Willowbrook Centre in Bradley Stoke 6.30 pm – 8 pm Thursday – fortnightly – The Link Centre – Coniston community hub 11.30 – 1.30 pm Thursday - fortnightly - Cupcake café at Ridgewood Centre, Yate 7:30 – 9pm</p> <p>You're welcome to support one of more of these groups.</p>
Support and Training	<p>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.</p>
Special notes	<p>A DBS check is needed for this role. South Brooks Community Partnerships pay for this. We pay for travel expenses to and from the venue and home.</p>
About you You can...	<ul style="list-style-type: none"> • Confidently welcome people in a friendly and non judgemental manner • Follow safeguarding procedures • Travel to the locations and arrive promptly • Respect people's privacy • Appropriately share your own experiences

<p>You are....</p>	<ul style="list-style-type: none"> • Interested in mental health, wellbeing, peer support • Willing to learn about safeguarding • Friendly and empathetic • Feeling well and in a positive state of mental health at the moment
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Overview of One You Wellbeing service

This is a life changing project to support people living in South Gloucestershire to feel happy and healthy. The aim is to provide activities, workshops and opportunities to talk which will all help someone feel emotional and mentally well. A key part of the project involves using the community whether that's running events in parks, helping set up social groups which help people meet each other or using the skills and talents of people in the community through volunteering.

Our workshops will include opportunities to speak with a Wellbeing worker about putting together an action plan to help people build resilience and improve their wellbeing.

One to one support is available because not everyone will feel ready to join our '5 ways to well being group'. We can still help. We are working with a specialist health coach who can help people feel ready to become involved.

Peer Support is where people use their own experiences to help others. It focuses on positive strengths not weaknesses and works towards well-being. It provides safe social space and a listening ear, where everyone is equal. People might find it useful as part of their recovery.

Who runs the service?

There are three Wellbeing Support Workers, Jade, Sarah and Kate who run group sessions do one to one support in different areas of South Glos.

Janet manages the work and coordinates the partnership of organisation that are running courses and activities for the wellbeing service. Phil co-ordinates the marketing and administration and is the first point of contact for many people using the service.

How do we do this? The 5 ways to Wellbeing

We use the '5 Ways to Well Being' model to support people's wellbeing and encourage people to think in an holistic way.

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

- Connect – with the people around you.
- Be active – find an activity that you enjoy and make it a part of your life.
- Keep learning – learning new skills can give you a sense of achievement and a new confidence.
- Give – even the smallest act can count, whether it's a smile, a thank you or a kind word.
- Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this

awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

How to learn about wellbeing and your role

Research the links in this document and read up around the 5 ways to wellbeing. The steps for you to learn about the volunteer role and develop confidence in the role:

- attend and shadow the session
- learn more about the content of the wellbeing sessions
- work with the member of staff leading the session to see where you can support the conversations and facilitation
- attend the training and meeting sessions below.

Network meetings and training

To support your volunteering we'll hold network and reflection sessions 6 times a year. These are opportunities for staff and volunteers to meet, discuss their experiences, share the success and difficulties they've had within their role. At occasional sessions we'll invite people from other organisations to talk about a specific topic and provide more information so we can extend our knowledge.

Making Every Contact Count (MECC) <https://www.makeeverycontactcount.co.uk/>

This is a training session which teaches people how to have conversations about making a change in their behaviour to improve their health. It is a style of questioning which helps people find answers for themselves. We will run training sessions so you become confident at using this tool.

Royal Society of Public Health Level 2 Award in Understanding Health Improvement <https://www.rsph.org.uk/qualification/level-2-award-in-understanding-health-improvement-2017.html>

This qualification helps people understand the principles of promoting health and wellbeing to people. It provides practical ideas of how to best support individuals to live a healthier lifestyle.

It covers examples of inequalities in health within the UK, their possible causes and current approaches to tackling these inequalities. You will learn how effective communication can support health messages, how to promote improvements in the health and wellbeing of others and understand the impact of behaviour change on improving an individual's health and wellbeing.

This course runs once a year.

Overview of the Wellbeing Voluntary Roles

The Voluntary roles are listed below. We hope that you'll bring your skills and interests to the role and make it your own. We encourage you to look for ways to build on your role and bring your other attributes to making it your own. If you see opportunities emerging to do more with your role, the first step is to talk about it

with your supervisor and agree how it will work. They'll then be able to support you to achieve your ambitions to support the wellbeing service.

Because these roles involve working with people who are more vulnerable due to poor mental health, we need you to feel well and capable. If you've experience an episode of poor mental health

In the past 12 months we'd like to have a conversation about the suitability of these roles for you and ensure they won't be triggering or a case of being too much too soon. The peer support and individual health buddy role require people not to have had an episode of poor mental health in the past 12 months. This is because these roles have a large amount responsibility and there is a greater risk to yourself and the people participating in the programme.

By volunteering with us you will help others

- feel more confident about managing their emotional and mental wellbeing
- Feel more able to get involved in your local communities
- feel less isolated, and anxious
- Feel able to make changes in other areas of their lives

The volunteering roles we have available are:

Wellbeing Workshops Assistant Facilitator Role

The group support role would be to support the smooth running of the group, help keep conversations constructive and on topic, to help include everyone in the conversation and to welcome new people to the group.

Health Advocacy Role

Below are events during the summer where the well being team will have a presence and volunteers would be welcome to support having conversations to people about health and wellbeing. And also the health campaigns that we're planning to have a presence in a community venue to raise the profile of these areas of health.

Peer Support Assistant

This involves using your personal experiences to talk to others in a group setting who are experiencing similar challenges. Everyone's experiences are treated as equally important and sharing is often mutually beneficial.

Individual one to one Wellbeing Buddy

This role involves supporting people more intensively through 1:1 support. An example of the 1:1 support might involve helping someone to attend a group or activity if they felt anxious about attending it on their own. The people would have already been met by a member of staff and a plan will have been discussed about what they'd like to do. The volunteering role will help by supporting the things to do from the plan. This role requires a great amount of responsibility.