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| **Wellbeing Buddy VOLUNTEER ROLE DESCRIPTION** | |
| **POST TITLE:** | Wellbeing Buddy - Wellbeing Service |
| **RESPONSIBLE TO:** | *Wellbeing Support Worker* |

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| **Main Purpose** | **Overview**  Help someone to improve their wellbeing and help themselves to lead a healthy and happy life. This role supports someone to attend a group or course and accompany them to feel comfortable to attend independently.  You’ll be paired with someone who needs a hand to access groups, volunteering opportunities or wellbeing activities. This might be because they feel anxious about going somewhere new, or don’t have confidence to go by themselves. They will have been supported by a Wellbeing Support Worker to set a wellbeing action plan, which might involve a few different things for them to do which will improve their wellbeing.  **Tasks**   * Use the action plan to agree with the person what they’d like support to access * Support the person to find transport to the activity, accompany them on a bus, community transport or meet them at the venue beforehand. * Accompany them to the activity and support them to participate * Raise any concerns with the wellbeing manger * Check in and out with the wellbeing co-ordinator to ensure safe working |
| **Time** | At least 4 sessions over 4 weeks with one person at times of the activities they’d like to attend.  Ideally a commitment of 3 months would be best to get the most from the volunteering. |
| **Location** | TBC various across South Glos depending on location of people and activities. |
| **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, safeguarding, lone working.  MECC (Making Every Contact Count) course a way to have health and wellbeing conversations with people. |
| **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…** | * Can quickly build positive relationships * Follow safeguarding procedures * Travel to the locations and arrive promptly * Support someone to help themselves |
| **You are….** | * Confident at meeting new people * Interested in mental health and wellbeing * Willing to learn about safeguarding * Friendly and empathetic |
| **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 –** A number of people with complex health needs 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- Talking therapies service](http://www.oasis-talk.org- Talking therapies service)    www.circadiantrust.org – gyms and leisure centres in South Glos  [www.diversitytrust.org.uk - 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 coordinating all activities |
| **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 also get 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. |