

Role: Forensic (Women's Hub) Peer Volunteer

Location: Hounslow

Duration: TBC

Role Description:

The Forensic Women's Hub is a new out of hours community space for women 18+ leaving forensic mental health services, open 3 days a week; one evening and every weekend. We will be offering a safe, warm, non-judgemental social environment for women to build meaningful connections and have access to free activities and resources.

As a volunteer your role will be to support individuals using a peer approach by co-facilitating peer-led workshops, offering emotional and social support. By doing this, it provides an opportunity for service users to develop and manage meaningful and purposeful choices in an independent and empowered way.

We are looking for someone who

- Has lived experience of mental health challenges or being in prison / mental health wards / rehab and recovery communities.
- Is non-judgmental, friendly and committed to challenging the stigma faced by forensic service users.
- To be able to provide a welcoming, authentic, and positive experience for all, being inclusive and embracing diversity.
- To feel comfortable engaging with women with mental health challenges / difficult life experiences, by validating strengths and experiences and using empowering language to overcome negative self-talk.
- Are empathic and understanding towards the stigma / social bias's surrounding forensic leavers and their experiences.
- Are willing to tap into their lived experiences and use their stories to inspire hope in others when appropriate.
- Are comfortable with co-producing and co-facilitating peer led workshops
- To assist the Forensic Project Coordinator in the daily running of the Forensic Women's hub.
- Are able to take on any ad hoc admin/support responsibilities within the Forensic Women's Hub.

Mind Hammersmith, Fulham, Ealing and Hounslow

Time commitment and expenses:

- Flexible hours (shifts to be confirmed). Evening and Weekend availability is required. Please indicate your preferred volunteering day(s) on your application.
- We will provide volunteers with an induction, training, and ongoing mentoring to support them in the role
- Reasonable travel expenses will be reimbursed.

What's in it for the volunteer?

Volunteering at Mind is a fantastic opportunity to get involved with a nationally recognised charity, and volunteering in Safe Space is an opportunity to experience and get involved in crisis support. We provide initial and ongoing training, as well as plenty of opportunities for progression within the organisation. You will also be a part of a supportive team with great awareness of wellbeing and the mental health sector.

How to Apply:

Please attach your recent C.V. and complete our HFEH Volunteer Application Form.

Closing Date:

TBC

Hammersmith, Fulham, Ealing and Hounslow Mind

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