

**Safe Space Peer Volunteer (Mon-Sun 12-5pm available)**

**Location:** Roles are based in either our Hammersmith & Fulham, Ealing and Hounslow offices.

**Duration:** Initially, our Peer Volunteer roles are until the end of March 2025

**Role Description:**

The Safe Space is a local hub for anyone who feels they are nearing crisis point. We are here to listen to what you need and work with you to help. This might be strategies to help you cope in the moment, a range of activities we provide free of charge, resources to take away or connecting you with practical local services. We offer face to face, telephone and video-conference support. As a part of this, we are looking for volunteers to offer peer led support to individuals who may access our service. This includes a variety of tasks, such as devising and facilitating peer led workshops with clients, supporting with 1:1 sessions, and completing administrative tasks.

**We are looking for someone who**

- Has lived experience of mental health/social crisis
- Preferably have had experience working with people who experience poor mental health
- Are comfortable with co-producing and facilitating peer led workshops
- Might be willing to take over running the workshops by themselves over time
- Are willing to actively participate with clients 1:1 and in group settings
- Are able to take on any ad hoc admin/support responsibilities within the Safe Space Team

**Time commitment and expenses:**

- 5 hours per week, during our opening hours of 12–5pm. 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:**

**To apply, please send your CV and expression of interest addressing the below answers to: [keeley.tickner@hfehmind.org.uk](mailto:keeley.tickner@hfehmind.org.uk)**

**Please tell us why you would like to volunteer with Safe Space, at HFEH Mind? (minimum 50 words)**

**Please share any relevant skills or experience you have for the role. This may include education, work or voluntary experience (minimum 100 words)**