

<b>Title:</b>	Peer Volunteer (Spelthorne Prevention Hub)
<b>Reports to:</b>	Prevention Hub Coordinator
<b>Salary grade:</b>	Volunteer role
<b>Contract:</b>	Fixed term until 31 <sup>st</sup> January 2025
<b>Hours:</b>	Flexible – at least 1 day a week between 11am-7pm Monday-Friday
<b>Location:</b>	Spelthorne

### **Role Description:**

This role sits within our new mental health Prevention Hub - which is a drop-in service providing a safe and welcoming space for people who are feeling distressed, seeking support and advice for their mental health, there and then. This service is a 9 month pilot project and will initially operate 11am-7pm Monday-Friday, however there may be a need to cover weekends/late nights, depending on the need of our clients.

Staff within the service will provide person-centred, practical and emotional support, face to face or via telephone on a one-to-one or group basis to individuals experiencing mental health distress. This will consist of 1:1 support; de-escalating and providing interventions, signposting for specialised or longer-term support, and delivering collaborative self-management plans with clients to improve mental wellbeing. The aim of this service is to de-escalate, and provide holistic wellbeing plans.

### **We are looking for someone who**

- Has lived experience of mental health challenges
- Are a non-judgemental and friendly individual
- To be able to provide a welcoming, authentic, and positive experience for all, being inclusive and embracing diversity
- To feel comfortable engaging with people with mental health challenges / difficult life experiences, by validating strengths and experiences and using empowering language to overcome negative self-talk
- Are empathic and understands the stigma / social bias's surrounding mental health
- 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 Prevention Hub Coordinator with admin and planning
- Are able to take on any ad hoc admin/support responsibilities

**Time commitment and expenses:**

- Flexible hours between 11am-7pm Monday-Friday. We are looking for someone to commit to a minimum of at least 1 /2 days a week.
- 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. 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.

**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 at the Prevention Hub, 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)**