

Volunteer Role Description

Group Facilitator

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About the role

Role Title	Peer Group Facilitator	**Reports to**	Volunteer Coordinator
Time Commitment	3-5 hours a month	**Location**	In Person
Key Relationships	Volunteering Team, Peer Group Members, Peer Group Facilitators		

As a Group Facilitator, you'll support a group of adults who have been impacted by suicide loss in an informal peer-support group. SoBS groups are therapeutic spaces, but this isn't a counselling role. You'll be focused on creating & maintaining a safe and inviting atmosphere, keeping conversation flowing, and helping people to connect.

How do groups work?

SoBS groups usually meet once a month for around 2 hours, and provide people with an opportunity to listen, share, ask questions, and connect with others in a safe and non-judgmental space. We know how hard it is to talk about our loss, so we create spaces where people just "get it".

There is no set structure to a meeting – people are free to talk and listen as much or as little as they want. The topics we talk about vary from month to month but often include people sharing their story; what has happened since their last group visit; asking questions about inquests; or common challenges such as flashbacks, supporting children, or facing neighbours. Established groups may occasionally organise guest speakers, go on walks, arrange for creative and community-building activities, or engage with local & national fundraisers.

What will I be doing?

- Provide and facilitate peer-support in a public space with a team of other volunteers.
- Be a guide for others, not trying to fix or problem-solve, just giving space for safe expression.
- Welcome members, start off conversations, and help connect stories and experiences.
- Handle new enquiries with empathy and compliance with charity policy and UK law.
- Signpost members to other organisations for support where needed.
- Help with group reporting, enabling SoBS to better support you and survivors across the UK.

What are the benefits?

- Be a beacon of hope within your community, breaking the stigma around suicide.
- Contribute to life-saving work, where no one bereaved by suicide faces their loss alone.
- Make new friends and connections in an inspirational and supportive team.
- Develop your understanding of grief, bereavement, and navigating loss.
- Learn new skills to enhance your CV.
- Use your skills to make a real difference in your community,

Survivors of Bereavement by Suicide

About You

Do I need any qualifications?

You don't need any qualifications to be a Group Facilitator, but lived experience is essential. We ask that our volunteers:

- Are **over the age of 18** and have the legal right to volunteer in the UK.
- Have been **impacted by suicide loss**. We recognise the ripples are far reaching, you may have lost a close family member, a colleague, or an old friend you kept up with on Facebook.
- Were **bereaved over two years ago**, so there's been some time to process and come to terms with your loss.
- Feel ready to begin supporting others, and are **comfortable with listening** to the stories and experiences of others who may have been in a similar situation.

Outside of that, we'll provide all the training, guidance, and support you need while you volunteer.

What skills or qualities should I have?

- To be friendly, trustworthy, and approachable, with good active listening skills.
- Comfortable listening to and supporting people through all the emotions of grief and loss.
- A respectful, sensitive, and non-judgemental approach to people.
- An understanding that there are no right or wrong ways to grieve.
- Good communication skills in both written & spoken English.
- Passion for your local community, and for supporting others.
- Awareness of boundaries and maintaining you own wellbeing.

About Us

What support can I expect from SoBS?

- Onboarding, training, and a commitment to your ongoing learning.
- Opportunities to connect, share ideas, and get support from other volunteers.
- Coverage by SoBS' public liability insurance while you're volunteering.
- Practical group and travel expenses so you're not out of pocket.
- Opportunities for your voice to be heard in shaping our charity.
- Reasonable adjustments that enable you to volunteer with us and be authentically you.

How can I apply?

We rely on our incredible team of volunteers to provide support to the people who need it most. If you're interested in playing a vital role in people's bereavement journeys, please **submit an application here**.

If you're not sure this is the right role for you, or would like some more information before applying, please **send us an email** and the volunteering team will be happy to help you.

Survivors of Bereavement by Suicide is a registered charity in England and Wales (Charity No. 1098815), and in Scotland (Charity No. SCO41397)