



Havant & East Hampshire Mind – Volunteer Role Description

We have an exciting opportunity to volunteer alongside our established Adult Wellbeing team in the opening of a new drop in space. We are looking to create an accessible, relaxed and open space to support those in the community. We are looking for someone who has a passion for mental health with excellent communication skills, the ability to work well with others and who can use their journey to empower others.

Title: Front of house peer support volunteer

Reports to: Peer Support Volunteer Coordinator

Key Relationships: Wellbeing Staff, Service users, Carers, Health and Social care providers and other key stakeholders

Location: Based in the Havant Borough and East Hampshire District

Hours: A minimum of 4 hours per week as agreed and variable.

Role Purpose: As a peer supporter, you will be using your own experiences of mental health issues to support, encourage and inspire other people experiencing a mental health issue. By providing a role model and offering both understanding and support, you will help to raise others' confidence, self-belief and aid their long-term recovery. This may be in a group, social or one-to-one setting. You will have a good knowledge of the local area and the services available within it that could support our service users.

Main Responsibilities:

- Help plan and run group and activity sessions in line with the needs of the participants.
- Greet the public who drop in asking about Mind's services.
- Provide the public with relevant signposting and support.
- To support and encourage participants to identify their own strengths and life goals and how to take steps to achieve them.
- Support participants to develop coping strategies and mechanisms that they will be able to apply in their everyday lives.
- To promote recovery through the supporters' own personal experiences and life journey, inspiring others to believe that they too can progress and achieve beyond the issues they are facing.
- Providing participants with tools and coping strategies to play a more active role within their communities, through participation in groups and activities.
- Acting as a role model for participants.
- Participate in service evaluation and reflection, and support participants to take part.
- To be aware of Health & Safety regulations, particularly related to work surroundings.
- Strong organisational skills and be proactive in supporting the team and clients



What's in it for you?

- The opportunity to share your own experiences and help others on their recovery journey.
- Learn new skills and gain work experience which could help you progress your own career and work goals.
- Increase your confidence, understanding and further develop your own recovery.
- Full support from Havant & East Hants Mind.
- The opportunity to play a valuable role in helping to inspire and support people with mental health issues, and to help break the associated stigma and isolation.

Why we want you:

- We believe that by working with people who have their own lived experience of mental health issues, we can inspire participants and show that there is life after a mental health diagnosis.
- We believe that those with first-hand experience are best to understand and empathise with people who are experiencing a mental health issue.
- We want to recognize and celebrate your recovery journey and use your experiences to help others and develop our own understanding of the needs of participants.

To apply:

- Please go to our website and complete the volunteer application form, together with the Equal Opportunities form and email them to the address at the bottom of the form.