



Volunteer Role: LINKS Support Volunteer

County: Bridgend County Borough

Our LINKS Support Volunteers help us provide a high standard of support and mentoring to young people and young carers to improve wellbeing, build confidence, access community resources and gain social networks.

The LINKS Project

Mental Health Matters Wales (MHM Wales) LINKs Service aims to support young people (YP) aged 16 to 25 years to increase resilience caused by decades of austerity, Brexit and the impact of the global pandemic.

While there is higher awareness about mental health than in the past, many young people still find it hard to reach out for help until they hit crisis point.

This innovative new pilot services aims to combat the impact of loneliness and isolation by offering a no wrong door approach to mental wellbeing by providing advice and guidance as well as a Peer Mentoring and Peer Support which will deliver activities supporting the emotional wellbeing of YP.

LINKs will use the preventative, proactive model to support YP to maintain their health, mental wellbeing and independence rather than intervening when their wellbeing/mental health declines. The service will be delivered collaboratively with the youth group to provide a service user led project empowering young people to take an active role in the support they receive

LINKs will be part of a multi-Agency service integrated within all CAHMS and Adult Mental Health Services including Health, Social Services, Third Sector and Community groups.

You will provide a befriending, advice and guidance support service to young people and adults with a wide range of social, emotional or practical needs focusing on improving mental health and physical wellbeing offering a safety net and empower them to engage within their community creating a network of support

What will I be doing?

What you'll be doing

You'll work with individuals aged 16 to 25 and families empowering them to:

- identify their needs, opportunities, rights and responsibilities

- plan what they want to achieve and take appropriate action
- develop activities and services to generate aspiration and confidence
- Build resilience and create support networks
- Promote independence

You will act as a link between communities and a range of other local authority, health sector and voluntary sector providers, such as Citizens Advice, advocacy providers, the police, socialworkers, and health professionals.

What skills and qualities can I bring to this role?

- Passionate about providing activity sessions
- Reliability, consistency and dependability
- Good conversational and listening skills
- An ability to work independently but also stay within the role's boundaries – recognising when to seek advice or report concerns
- Able to commit to a regular timeslot each week.
- Previous experience of group facilitation is desirable but by no means essential.
- Understanding of the causes of mental health and its impact.
- Ability to work with people who have range of mental health issues, with sensitivity and respect.
- Willingness to attend accredited training to develop you in your volunteer role ☐
18yrs +

When will I be needed?

Every Sunday 12-4pm. With every 5th Sunday off.

Location

Union offices, Mental Health Matters. Quarella Road.

What will I gain from the role?

- Experience working for one of Wales's Leading Mental Health Charities in a marketing role.
- Be part of an ever growing team supporting new and exciting services supporting those affected by mental health.
- Personal satisfaction from helping MHM Wales fight the stigma and discrimination associated with Mental Health.
- Learn new skills.
- Meet new people and strengthen your local community.
- Can help with CV and personal development
- Additional accredited training provided
- Out of pocket travel expenses will be reimbursed
- Time bank credits (1 credit for every 4 hours volunteered)

What support will be given?

- Induction training to prepare you to volunteer and access to additional training □
Regular Supervision and support from the Volunteer Manager.
- Opportunity to attend MHM Wales team meetings
- There is a dedicated Volunteer Services team to support your volunteering

How do I apply?

Please contact Michelle Williams on 0300 10 249 70 or via email; volunteering@mhmwales.org for an application pack.

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