

## **Volunteer Role: Peer Support Volunteer**

### **County: Bridgend County Borough, Cardiff, Aberdare and Carmarthen.**

Our Peer Support Volunteers help us provide a high standard of support and mentoring to our people accessing our services throughout their journey of recovery. They work alongside staff to mentor our peer Support Groups, ensuring people accessing the group they have the right support and resources.

### **What will I be doing?**

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You will work alongside our Wellbeing Team in the Support and Mentoring of Peer Support Groups which include:

- LGBTQI+
- Dementia Carers
- Friendship Groups
- Anxiety and Depression
- Eating Disorders
- Self-Harm
- Suicide Bereavement

#### **Your Role will include:**

- Mentoring people accessing our Peer Support Groups , providing them with guidance following Mental Health Matters Wales policies and procedures
- Maintaining regular contact with members of the group, carrying out regular Support calls and meetings with them
- Becoming the group lead on topics such as safeguarding, mental health or dementia

#### **What you'll be doing**

- Keeping in touch with your Mental Health Matters Wales contact at regular support sessions and reporting anything of concern
- Treating what you see and hear as confidential and sensitive
- Keeping your skills and knowledge up to date by taking part in training and attending one of our networking events each year.

### **What skills and qualities can I bring to this role?**

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- 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 of your choosing 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?

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Around 6 hours/ month, ideally for a minimum of 12 Available Monday to Friday

## Location

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Opportunities throughout Bridgend County Borough, Cardiff based in The University Hospital Wales and St David's Hospital, Aberdare and Carmarthen

Must be willing to drive your own transport in areas where there is no public transport and use of own mobile telephone whilst out on visits.

## What will I gain from the role?

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- 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.

## What support will be given?

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- 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?

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Please contact the Michelle Williams on 0300 10 249 70 or [volunteering@mhmwales.org](mailto:volunteering@mhmwales.org) for an application pack.