

Volunteer role description

1:1 befriender volunteer

Service: Wellbeing support

Location: Mayfield Garden Centre, Weston

When: **Any of:** Tuesday afternoons, Wednesdays, Thursdays and Friday afternoons

Commitment Required: 9.30-3.30 preferred but will consider part days.

We ask for a minimum commitment of 6 months due to training and DBS required.

Role Purpose:

Mayfield Garden centre prides itself on being a supportive and welcoming place for all. We have a number of service users who come to us for 1:1 daycare support on weekdays, who enjoy being part of this positive environment. We are looking for someone to support them accessing nature based therapeutic horticulture during their time with us and providing activities that support their recovery. This could be working with them to access the wellbeing groups run by the centre, trying arts and crafts or coming up with new ideas as led by them.

Main Responsibilities:

- Working 1:1 with people who require support, this could be because of previous trauma, learning disabilities or as part of their mental health recovery journey.
- Accessing groups run at Mayfield Garden centre for example gardening, men's shed or crafting.
- Providing stimulation, offer general support and further enhancement of quality of life.
- Being led by the persons interests and abilities. Promoting their independence and understanding that doing nothing is sometimes as important as doing something.
- Being flexible and adaptable to the needs of the person you are supporting.

- Develop effective communication with the service user.
- Liaison with others around daily outcomes and ongoing developments.
- Report any concerns about the individual in a timely and appropriate manner.
- Any other reasonable duties as required.

Essential Requirements:

- Experience in working with vulnerable groups, or a health and social care related field
- Demonstrate an understanding of the importance of boundaries and safeguarding
- Skills in managing your own health and wellbeing
- Demonstrate good listening and communication skills
- Ability to understand and communicate effectively
- Demonstrate dependability on agreed role commitments, providing sufficient notice and open communication regarding any changes (e.g. your availability)
- Willingness to regularly attend team meetings and volunteer group supervision sessions.
- Willingness to undergo an Enhanced DBS check
- Willingness to complete training as required for the role (in person and online)

Desirable Requirements:

- Have lived experience of mental health problems
- Experience in social work, care, learning disabilities and 1:1 working
- Understanding the key concepts of recovery and managing wellbeing
- Experience in developing individuals

What's in it for you?

- Build a relationship with a new person and help them to fulfil their full potential
- Be part of a thriving and friendly team
- Full training and development provided

Why we want you:

- Offer variety of activities and personalities for our service users
- Support Solent Mind in providing high quality mental health services



- Bring your own experience, perspectives and knowledge to help enrich our current service

Additional Notes:

This role involves no element of personal care.

Due to the nature of this role we ask you complete an enhanced disclosure and barring service check (DBS) of your criminal record, provided by us.

Due to the training and DBS requirements we ask for a minimum commitment of 6 months for this volunteering role.

As part of the selection process, you will be invited to Mayfield for an informal chat and see the service in action.

For further information about this volunteer role please contact:

Volunteering@solentmind.org.uk

Role Created/Updated: July 25

Created By: MP