

Course Co-facilitator Volunteer (Positive Step)

Volunteer Role Description

Role title: Course Co-facilitator Volunteer (Positive Step)
Responsible to: Senior Volunteer Coordinator

Project Information

Positive Step is an alliance of Second Step, AWP, and ATOS which provides a Stepped Care model of support and intervention to people with common mental health problems, e.g depression and anxiety. The service is designed to improve health outcomes for the local population of North Somerset through an emphasis on promoting self-management, wellbeing and social inclusion.

Key aspects of this role:

- Ensuring that course participants have relevant course materials and information
- Supporting Positive Step staff with the set up and clearing away required for the course
- Assisting the wellness adviser in course delivery
- Collecting patient questionnaires and recording information, alerting wellness adviser to any patient risk disclosed on questionnaires
- Keeping the wellness adviser informed of any individual conversations you have with patients during the course
- Assisting with course evaluation

Skills, experience and qualities needed:

- An interest in psychological therapies such as CBT
- A non-judgemental attitude, and an ability to respect a person's right to choose how they live
- Understanding of the importance of boundaries when working with vulnerable people
- Patience
- Ability to create a rapport, and build trusting relationships with our service users
- Good communication skills
- Belief in potential and to be passionate about helping others to realise theirs
- Ability to manage own time and be punctual and reliable

What we ask from you:

- A minimum commitment of 6 months to volunteering
- To commit to a complete course at a time– up to 8 weeks, 3 hours per session
- To adhere to Second Step and Positive Step Health and Safety guidelines
- To abide by and put into practice Second Step's Equal Opportunities

Policy

- Complete a DBS check. We recognise that some people may have offending history but this will not necessarily exclude you from volunteering with us. (We will pay for the check and help you apply for this)

Our commitment to you:

- Comprehensive induction training
- On the job learning and access to relevant training courses
- Support and supervision sessions with other volunteers
- On-going support from wellness advisers while volunteering
- Out of pocket expenses paid in line with Second Step policy
- Insurance cover

What you could get out of volunteering:

- New opportunities and experiences
- Develop new skills
- Chance to meet new people and to work along side staff
- Chance to build your CV
- Chance to be involved in training and group work
- Opportunities for personal development and progression

Recruitment method:

Application ⇒ interview ⇒ Reference ⇒ DBS enhanced disclosure ⇒ Induction ⇒ Shadow an experienced volunteer