

# Volunteer Co-Facilitator - Peer Support Groups

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**Hours:** One 2 hour session per week, in 8 week blocks. Dates to be confirmed.

**Location:** The Cellar Trust, Farfield Road, Shipley, BD18 4QP (possibly some home-based online groups).

## Role Description

We are looking for a passionate and motivated volunteer to help facilitate our weekly Peer Support Groups. Peer support involves people with experience of mental ill-health supporting each other towards better wellbeing. Our Peer Support Groups are based on shared personal experience and empathy, focusing on strengths not weaknesses. They are run in a confidential, non-clinical setting and you will be supporting our clients to discuss their concerns in an environment of mutual respect between all who attend.

## Typical tasks will include:

- Preparing the room for the session
- Meeting and greeting attendees
- Working closely with the Co-Facilitator to encourage discussions and run the groups, which will include being able to appropriately share your own experiences
- Building safe, trusting relationships with individuals, based on non-judgmental listening and shared lived experience
- Helping to create a relaxed, informal and supportive atmosphere
- Maintaining confidentiality at all times
- Undertaking basic admin tasks
- Undertaking any mandatory training needed for the role – see below

## What are we looking for?

- Lived experience of mental health difficulties
- Excellent listening skills
- Passionate about supporting others and awareness of and empathy for mental health
- Non-judgmental approach
- Ability to share your own experiences
- Ability to model personal responsibility, self-awareness, self-belief, self-advocacy and hopefulness
- Understanding of personal and professional boundaries
- Reliability and consistency
- Competent IT skills

## What you will get

- The chance to make a real difference to the people we support
- Experience in the field of mental health
- The positive feeling of helping others
- Full training and support every step of the way, including Level 3 Accreditation in Peer Support
- New transferrable skills and confidence - to take with you wherever you go
- Supportive supervision and opportunities for development

You will also need to complete an enhanced DBS check and online safeguarding training.

**Informal enquiries:** Rachel Bradbury, 01274 586 474; [rachel.bradbury@thecellartrust.org](mailto:rachel.bradbury@thecellartrust.org)

**Please send your completed application form to:** [volunteering@thecellartrust.org](mailto:volunteering@thecellartrust.org)