

Volunteer Co-Facilitator - Peer Support Training

Hours: All training sessions are 10am-4pm. Dates to be confirmed and offered to volunteers when known.

Location: The Cellar Trust, Farfield Road, Shipley, BD18 4QP and home-based online sessions

Role Description

We are looking for a passionate and motivated individual to volunteer as Co-Facilitator to deliver our Level 3 accredited peer support training course. Peer support involves people with experience of mental ill-health supporting each other towards better wellbeing. The Cellar Trust is nationally recognised for our award-winning approach to peer support and we provide training to anyone aiming to gain professional certification in this unique and proven type of support work. We have a range of training options to suit both organisations and individuals who want to increase their understanding of peer support.

Our training has an interactive and welcoming course structure to ensure attendees are supported towards achieving accreditation. Core topics explored within the course are: What Is Peer Support? Professional Boundaries; Active Listening Techniques; Trauma-Informed Practice; Equality & Diversity; Goal-Setting; Endings; Sharing Lived Experience; Self-care & Wellbeing Plans.

Typical tasks will include:

- Preparing the room for the session
- Meeting and greeting attendees
- Working closely with the Training Facilitator to deliver peer support training, using audience and topic appropriate methods, including remote delivery (online) and individual/group face to face
- 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 two days fully funded training
- 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: David Gill, 01274 586 474; david.gill@thecellartrust.org

Please send your completed application form to: volunteering@thecellartrust.org