



# Volunteer Co-Facilitator Wharfe Valley Pathways

---

**Hours:** Every Thursday, hours to be discussed

**Location:** Christchurch, The Grove, Ilkley, LS29 9LW

## Role Description

We are looking for a passionate and motivated volunteer to help facilitate our drop in at Wharfe Valley Pathways. Wharfe Valley Pathways is a community-based service to help people access physical and mental wellbeing support in Wharfedale. The Cellar Trust participate in partnership with other community-based organisations to provide one to one, as well as group-based support and activities.

## Typical tasks will include:

- Preparing the venue for the session
- Meeting greeting and signing attendees in
- Participating in skills development workshops, which will include being able to appropriately share your own experiences
- Conduct consultation with service users to choose engagement activities. Organise, facilitate and participate in agreed activities with service users.
- 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

## 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:** Name: Jodie Denning Email: [jodie.denning@thecellartrust.org](mailto:jodie.denning@thecellartrust.org) Tel: 01274 586474

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