



For better  
mental health

Mind in Camden

## Role description: Foundation Support Time and Recovery (STR) Volunteer

This role description outlines the key points about the above role. Mind in Camden offers training and assessment in the **Level 2 Certificate in Mental Health** to all Foundation STR Volunteers.

### Role purpose:

The volunteer Foundation STR volunteer will provide **support** and give **time** to an allocated group of day service members to assist and promote their **recovery**. The Foundation volunteer will work alongside paid Intermediate and Senior STR Workers and other volunteers. The Day services are provided at our bases in Camden Town and Swiss cottage, as well as various community venues throughout the borough of Camden.

The role will include:

- Taking part in the running of drop in sessions at resource centres including opening up and locking of the building.
- Taking an active part in the practical running of the day centre (s). For example, meeting and greeting service users, basic administration tasks, assisting in keeping the centre(s) looking welcoming.
- Developing an appropriate and bounded rapport with service users, based upon companionship
- Supporting service users on a one-to-one basis in working towards their identified goals
- Supporting Service Users to access appropriate services and resources, this could include accompanying people to appointments and helping them fill in forms
- Providing practical support to service users to develop and manage their dignity and independence
- Facilitating support and / or activity groups for service users
- Supporting service users to access community facilities

During volunteering you will be expected to:

- Work in accordance with Mind in Camden's policies and procedures\*
- Keep accurate records
- Report regularly to your supervisor
- Take part in team meetings

\* Mind in Camden's *Volunteers' Handbook* outlines the basics, which will be covered in your induction and training. Any other general policies, as well as the Day Service specific policies and procedures that are relevant to your role, will also be covered in your induction and training.

### **Skills and experience required**

Prior to training and induction potential volunteers should have:

- A keen interest in mental health issues
- A non-judgmental approach to people
- Basic literacy and good communication skills, including listening skills
- An ability to take part in the Level 2 Certificate in Mental Health training
- An acceptance of the need for supervision.

Mind in Camden request that Foundation STR Volunteers offer:

- At least 5 hours per week of volunteering
- 6-12 months of service
- Participation in the Level 2 Certificate in Mental Health