

ROLE: COMMUNITY MENTOR

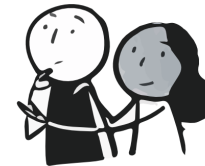


The Healthy Minds Community Programme supports Camden residents to reconnect with their community through a range of free group activities including courses, workshops & peer support groups. We believe everyone has the right to belong to a community. We recognise some people struggle with relationships due to trauma, social exclusion and oppression. We believe it is through relationships where healing can begin.

As a Community Mentor, you will offer emotional, social and practical support to people who struggle to belong. You will provide members with a safe, one to one space to reflect on their experiences of being in groups.

As a Volunteer you will:

- Receive Safeguarding & Mental Health Awareness training
- Support people with their experiences of mental ill-health and/or dis-ease
- Offer companionship and a listening ear.
- Experience working in a person-centred way within a recovery model
- Build trusting relationships and accompany members to activities
- Access to ongoing training to support and facilitate your development



Skills and experience required:

- An interest in, and/or lived experience of, mental health & wellbeing
- Enthusiasm for meaningful activities and an awareness of how these benefit people's wellbeing
- An open-minded, non-judgemental approach to people
- Strong listening and communication skills
- Ability to work with people on a one-to-one basis
- Enough self-support to 'stay with' difficult emotions when they arise
- Willingness to participate in monthly group supervision



Commitment required:

- Minimum of 8 hours per month, including 1-2-1 work, admin & supervision
- 6-month minimum commitment & a 3 month probation period.
- 1 'shift' per week (e.g. *between 3-5pm on Tuesday afternoons*).
- Attend a 2-day training session & attend monthly group supervision

*The Healthy Minds Community Programme is committed to recognising the hard work and dedication of our volunteers. Community mentors meeting this minimum requirement will be eligible to use Mind in Camden as a reference for work and study applications.



As community mentor you will:

- Receive a DBS check, Mental Health Awareness training & Safeguarding training.
- Keep detailed, accurate records.
- Attend monthly group supervision.
- Participate in team meetings.
- Promote responsibility & self-defined recovery.
- Follow Mind in Camden's policies and procedures.

*Mind in Camden's Volunteer Handbook outlines the policies and procedures applicable to this role.