

**The Community Programme at Mind in Camden**

**Community Mentor Volunteer Description**

**Volunteer Tasks Descriptions**

Provide 1-2-1 peer support to people who struggle with their mental health, and find belonging in groups challenging.

**Location:**

Meetings to be held at both Mind in Camden and in community venues in the borough of Camden.

**Purpose:**

The purpose of the Group Mentor is to offer emotional, social and practical support to people who struggle with relationships and belonging in groups. We believe all people deserve to have a place in a supportive community. We recognise people can become socially isolated through trauma, ill-health, oppression, mental health, and social exclusion. Our past experiences may have led us to be fearful of other people and believe groups are not for us. It only takes one bad experience of being in a group to confirm our fears in the present. The role of the community mentor is to offer people a safe space for members to reflect on their experiences of being in groups.

**Role:**

Your role will be to provide 10 x 1-2-1 support sessions to people over 18, who may struggle with their mental wellbeing, enabling them to find belonging. Sessions will last up to 60mins. This work includes:

* Actively listening to people’s experiences of being in groups.
* Offering different perspectives on group dynamics.
* Processing what can sometimes be referred to as ‘difficult’ emotions such as anger, jealousy, envy etc.
* Thinking about self-support strategies.

**You will be expected to:**

* Meet with a community member once a week for sixty-minutes for up to 10 one to one sessions.
* Be present with the community member, allowing space for them to talk about their experiences while you ‘listen actively’.
* Develop a trusting relationship to support and enable the community member to pursue social activities within the community programme and the wider borough of Camden.
* Engage in friendly conversations, not imposing your own personal opinions and beliefs.
* Signpost to other organisations.
* Provide practical support if appropriate.
* Be able to communicate clearly and effectively.
* Have a good level of self-support and the ability to stay with difficult feelings/emotions without rescuing.
* Inform the Community Programme Manager of any safeguarding concerns you may have.
* Write brief meeting notes and upload these to Mind in Camden database.
* Maintain confidentiality at all times.
* Be punctual: If you are unable to keep an appointment, you should inform the community member or community Development Worker in good time (48hrs in advance when possible).
* Inform the community development worker or community programme manager of any missed appointments.
* Inform the Community Development Worker or Community Programme Manager once you have attended a community meeting to ensure you and the service user are both safe.
* Commit to a regular ‘shift’ pattern each week *(e.g. 3pm – 5pm on Tuesday afternoons).*
* Have an interest in, and/or lived experience of mental health and wellbeing.
* Work within Mind in Camden policies and procedures, maintaining boundaries at all times.
* Be mindful of endings. Give members ample time to digest and process with you in advance of ending sessions with them.

The Community Programme asks for a minimum commitment of 6 months post induction training. You will be put on a 3 month probationary period.

You will be required to sign a volunteer agreement when joining the service.

**Commitments**:

* You will need to attend a 2 day training event covering the following: Active listening skills, awareness, phenomenological exploration (supporting people with their experience), anti-oppressive practice, trauma and basic group dynamics theory to ensure you feel safe enough to support people 1-2-1.
* You will need to attend an hour office induction at Mind in Camden.
* The minimum commitment is for 6 months **after** the initial training.
* Once you are matched, you will be expected to have 10 x 1-2-1 support sessions with a member on a weekly basis for up to an hour per session.
* You will be expected to spend approximately 30 mins a week writing up session notes.
* Monthly attendance at our group supervision sessions are essential to ensure effective and safe working with community members. These will also be an opportunity for you to reflect on your practice, support each other with difficult caseloads, share best practice, and experience being in a group yourself. Sessions will run on a Wednesday afternoon from 2pm – 5pm & Friday mornings from 10am – 1pm.
* You ***MUST*** maintain confidentiality at all times.
* You will be expected to commit to a minimum of 8 hours per month (This includes 1-2-1, admin & supervision).
* Be happy to undergo an enhanced DBS check.

**Our responsibilities to you:**

* To train you to ensure that you have the relevant skills and knowledge to undertake this role safely.
* To value your enthusiasm, willingness, expertise and potential.
* To offer you group supervision & reflective practice spaces.
* To offer your ongoing training and professional development relevant to your role.
* To reimburse you for travel expenses incurred in relation to your work as a volunteer. If you do more than five hours work with us in any given day, we will also pay up to £5 towards your lunch.
* To respect your needs and limitations.
* To pass on any relevant information from your community member to you in a timely fashion.
* To ensure our relationship with you remains safe, appropriate and ethical.