
Service:	Children, Young People and Families
Section:	Heads Up
Location:	Southampton and New Forest
When:	To start as soon as possible
Commitment Required:	To deliver between 1 and 4 sessions per month

Role Purpose:

Heads Up is an educational children and young persons project run in local schools, colleges and universities in Southampton and the New Forest. We believe passionately that early intervention is the key to helping young people understand their mental wellbeing. We work to inform and educate young people about mental health and equip young people with coping strategies so that they can manage their own wellbeing.

As a Heads Up volunteer you will help deliver workshops and talks to young people of all ages in a variety of settings including schools, colleges, youth centres. The role will support the Heads Up Project Lead in planning and delivering workshops and talks.

Main Responsibilities:

- To work with the Heads Up Project Lead to design and plan workshops for children and young people.
- To deliver workshops and talks in a variety of settings.
- Build positive links with teachers about mental health issues.
- To attend relevant meetings with the Heads Up Project Lead where appropriate.
- Arrange meetings for schools and colleges with the Heads Up Project Lead.
- Attend promotional events promoting Solent Mind and Heads Up.
- To work towards eradicating stigma and discrimination in young people around mental health.

About You:

Essential Requirements:

Items on this list are vital for you to be suitable for this role

- Have lived experience of mental health problems either personally or by association
- Excellent communication and interpersonal skills
- Good presentation and facilitation skills
- Ability to work with younger age groups
- Willingness to undergo a relevant DBS check
- Clean driving licence and access to own transport

- Good punctuality and time management skills
- Good IT skills, particularly knowledge of Microsoft Office
- Good written and verbal skills
- Ability to work with other volunteers and Solent Mind Staff
- Willingness to undertake any relevant training for your role

Desirable Requirements:

Items on this list would be desirable

- Understanding of mental health
- Understanding of mental health services especially for children and young people
- Experience of educational settings or workshop delivery

What's in it for you?

- Gain experience of working for a mental health charity and in a children and young persons project.
- Gain experience of delivering talks and workshops for young people.
- Developing new skills in a friendly and supportive team.

Why we want you:

- To support the development and delivery of the Heads Up project in delivering a consistently high standard of workshop and talk delivery to children and young people.
- To support young people to be able to understand and talk about their own mental health whilst breaking down barriers around mental health and eroding the stigma attached to mental health amongst young people.

Additional Notes:

The selection process will include completion of an application form and a successful informal interview. Volunteering will only formally start after DBS checks and the referencing processes are completed satisfactorily.

Transport costs will be reimbursed and relevant training is provided online and/or at Solent Mind HQ in Southampton.

For further information about this volunteer role please contact:

Abby Oakley (Heads Up Project Lead) aoakley@solentmind.org.uk

Paris Wheeler (Volunteer Co-Ordinator) pwheeler@solentmind.org.uk

Role Created/Updated: July 2021
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DBS NOTE TO APPLICANTS

Disclosure & Barring Service And Recruitment Of Volunteers

Solent Mind has registered with the Disclosure & Barring Service (DBS), previously known as CRB, in order to make safe, well informed recruitment decisions. We are ensuring that all our relevant policies meet legal and best practice requirements.

We have assessed the role of:-

VOLUNTEER – HEADS UP

As requiring an:-

Enhanced & Barred level of disclosure.

All convictions, including convictions which would otherwise be “spent” under the Rehabilitation of Offenders Act 1974, must be disclosed for the purposes of this role application.

Solent Mind will determine the relevance of any convictions to the role applied for in line with guidance from the DBS.

Any applicant who is offered the role will be subject to a DBS check from the DBS before the appointment is confirmed. This will include details of cautions, reprimands or final warnings as well as convictions. Applicants will have the opportunity to discuss any disclosure information before a final decision is made as part of the post interview process.