

<b>Service:</b>	<b>Wellbeing</b>
<b>Section:</b>	<b>Peer Support</b>
<b>Location:</b>	<b>Working from home (online)</b>
<b>When:</b>	<b>To start as soon as possible</b>
<b>Commitment Required:</b>	<b>Flexible hours</b> <b>A minimum of 2 articles a month; extra 2 hours once a month for supervision and updates (additional time required at start for mandatory induction and online training)</b>

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### **Role Purpose:**

**As a Volunteer Digital Content Creator you would be using your lived experience to write inspiring, encouraging and empowering articles for A Little Piece of Mind (ALPOM), project created by the Eastleigh and Winchester Wellbeing Peer Support team.**

**ALPOM is a short monthly electronic magazine (e-zine) that aims to provide its audience with interesting and helpful information about improving, maintaining and understanding their wellbeing.**

**The subscribers are those using or that have used Solent Mind Wellbeing services in their recovery and could benefit from the ongoing complimentary resources.**

**The Peer Support Volunteer will collaborate with the Wellbeing Peer Support Worker/other volunteers or staff in sharing ideas and creating quality content for ALPOM.**

**As a Volunteer Digital Content Creator you would be using your own lived experience of mental health to write articles that subscribers to maintain and improve their own wellbeing. You will work with the Peer Support Worker/ALPOM editor and other collaborators.**

### **Main Responsibilities:**

- **Suggest topics and themes to cover in each monthly issue**
- **Undertaking research on the agreed topics**
- **Creating the content – writing a minimum of 2 articles per issue in agreement with the editor and within the e-zine’s guidelines**
- **Peer to peer review – proofreading other collaborators’ articles**
- **Attending review and planning meetings**
- **Responding to emails and feedback in a timely manner**
- **Adhere to agreed deadlines for prompt and timely release of each issue**

## 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
- Willingness to undergo a relevant DBS check if required
- Willingness to complete the Peer Support Volunteer process including relevant training
- Demonstrate high standard of written communication skills
- Ability to write clearly and succinctly to keep within a limited word count
- Appreciating the diverse backgrounds and needs of the target audience
- Ability to communicate in a friendly, appropriate, and accessible way to the readers
- Self-awareness regarding your mental health and positive coping strategies
- Demonstrate good listening and communication skills
- Access to necessary equipment (e.g. Computer, internet connection, emails)
- MS Word (or similar) skills
- Reliable and consistent
- Able to meet deadlines; good time management and self-motivation
- Have an interest in the subjects relating to mental health and wellbeing
- Able to do own research, from reliable, appropriate and trustworthy sources

### Desirable Requirements:

#### Items on this list would be desirable

- Understanding and sharing the 'A Little Piece Of Mind' (ALPOM) objectives and vision
- Understanding of the role of peer support within mental health
- Understanding of the key concepts of recovery and wellbeing
- Have experience of using mental health services
- Knowledge of subjects around mental health, self-help, and wellbeing
- Awareness of copyright and plagiarism
- Experience in using Mailchimp, emailing software
- Demonstrate an understanding of the importance of confidentiality, boundaries and safeguarding
- Experience in writing online content

## What's in it for you?

- With the support of the Peer Support Worker, this role can aid in your ongoing mental health recovery journey.
- You will gain first-hand experience of being part of Mental Health support services.
- Previous and current volunteers have reported a greater sense of purpose, self-worth and achievement.
- Volunteering at Solent Mind is a great way to start your journey into a career in mental health.
- You can learn and practice skills, such as communication and collaborative work, which are valuable in many other roles and life in general.
- Through the required research for the articles, you will broaden your knowledge and understanding of mental health, support models and wellbeing strategies.
- You will have the opportunity to meet with other volunteers and share experiences of volunteering, mental health and continued personal development.
- You will have the opportunity to observe and take part in other aspects of the wellbeing service, including recovery courses, team meetings and workshops/training.

## Why we want you:

- You will help us continue to create and distribute a valuable self-help resource to subscribers.
- Your contributions to the project will help it grow and develop further in reaching the wider community.
- To support Solent Mind in continuing to provide quality mental health services.
- To bring your own experience, perspectives, and knowledge to enrich the current Wellbeing Peer Support Service.

## Additional Notes:

The selection process will include completion of an application form, followed by submission of a short written task and a successful informal interview. Volunteering will only formally start after the DBS and referencing processes are completed.

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

## For further information about this volunteer role please contact:

### Ali Wallace (Peer Support Worker)

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Mobile: 07824 150 137

<p><b>Role Updated:</b> 27 April 2021 <b>Co-Created By:</b> Ali Wallace &amp; Patricia Carvalho</p>
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DBS NOT REQUIRED FOR THIS ROLE

Disclosure & Barring Service And Recruitment Of Volunteers