



Solent Mind - Job Description

Job Title: Volunteer - Carers Support Group

Location: Winchester Wellbeing Centre, Winchester

When: June 2019 until further notice

Commitment Required: 2-3 hours, once a month (currently a Wednesday evening)

Requirements: Experience of caring for family members or friends with mental health issues (desirable)
Experience of supporting people who are caring for family members or friends with mental health issues (desirable)

Role Purpose: To co-facilitate a support group for carers which is held at the Wellbeing Centre and to assist with drawing up the programme for the group

Main Responsibilities:

- To co-facilitate the group
- To assist with drawing up the programme for the group
- To ensure the room is ready when carers arrive
- To ensure a register of attendees is completed
- To ensure the room is left clean and tidy after the group
- To attend review meeting sessions with a senior member of staff
- To give notice of any absences for holiday or sickness

What's In It For You?

You will have the opportunity to gain experience in supporting people who are caring for family members or friends with mental health issues, providing the opportunity for them to meet in a supportive environment. There will be opportunities for on-going training and personal development.

Why We Want You:

The carers group is well-established and we are looking for a volunteer to help with supporting and developing the group.

Additional Notes:

An Enhanced and Barred DBS check is required for this role.

For further information about the role please contact:

Elizabeth White Ripley
Head of Wellbeing
Winchester Wellbeing Centre

Telephone: 01962 859012

Email: ewhiteripley@solentmind.org.uk

Date Role Originated: May 2019 Created By: Elizabeth White Ripley
--