



Solent Mind - Job Description

Job Title: **Volunteer - Student Wellbeing Ambassador**

Location: **Solent Recovery College, Portsmouth**

When: **Starting from Tuesday 25 February 2020 - 6 months (with review after 3 months and chance of extension)**

Commitment Required: **Minimum requirement:
4-6 Hours per week between 9.00am - 4.00pm
(Extra 2.5 hours once per term for Quality Assurance Group Meeting and Volunteer Supervision)**

Role Purpose: **The Student Wellbeing Ambassador will work closely with the Adult Mental Health (AMH) and Casual Peer Trainers. Meeting and greeting new and anxious students to the college. Attending SRC courses and supporting students with individual needs and to help limit distractions during class.**

As a Student Wellbeing Ambassador, you will be using your own lived experience of mental health conditions and what attending Solent Recovery College has been like to support, encourage and inspire other people experiencing mental health difficulties.

Reports To: **Operational Lead**

Main Responsibilities:

- To meet and greet new and anxious students to the college
- To aid in the development and support the facilitation of current SRC courses based at The University of Portsmouth and in the local community
- To support students with severe and enduring mental health diagnosis to engage in SRC courses

- To report any concerns with individual participants to the Peer Trainer Co-Ordinator and SRC Trainers or in a timely and appropriate manner
- To support participants to develop coping strategies and mechanisms they will be able to apply in their everyday lives
- To support with the monthly SRC Open Days
- To support and encourage participants to identify their own strengths, and life goals and how to take steps to achieve them within the course
- To attend Quality Assurance Group (QuAG) as a representative for students. To highlight any student concerns and discuss positive feedback
- To support other Student Wellbeing Ambassadors with their experience as volunteers, mental health and personal development
- To bring your own experience, perspectives and knowledge to enrich the Solent Recovery College experience for students.

What's In It For You?

- With the support of the SRC Team, this role can be continued development in your mental health recovery journey
- You will gain first-hand experience of being part of the mental health support services
- Being a peer support volunteer can improve your feelings of self-worth and direction
- You can learn and practice skills, like active listening, that are valuable in many other roles and life in general

About You:

<p>Essential (Items on this part of the list are vital for you to be suitable for the role)</p> <ul style="list-style-type: none"> • Have lived experience of mental health problems and/or using mental health services • Have completed a programme at Solent Recovery College • Willingness to undergo a relevant DBS check if required • Willingness to complete the Student Wellbeing Ambassador process as well as relevant training • Demonstrate an understanding of the importance of confidentiality, boundaries and safeguarding • Skills in managing your own health and wellbeing and self-awareness regarding your mental health and coping strategies • Demonstrate good listening and communication skills
<p>Desirable</p> <ul style="list-style-type: none"> • An understanding of the role of an educational recovery approach to mental health • An understanding of the role that peer support plays in adult mental health • An understanding of the key concepts of recovery and wellbeing

Additional Notes:

- Transport costs outside of the Solent Recovery College will be reimbursed and relevant training will be free of charge.
- Volunteering will only formally start after any required DBS and Referencing processes are completed.

For further information about the role please contact:

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Date Role Originated: 28 November 2019 Date Role Updated: Created By: Emma Dunbar
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