



## **Solent Mind - Job Description**

**Job Title: Volunteer - Victims Of Crime, Peer Support**

**Project Name: Brighter Futures**

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**Location:** Community settings in Southampton and Portsmouth areas.

**When:** Ongoing (minimum until 31 Jan 2020)

**Commitment Required:** Minimum of 2.5 hours per week for a minimum of 6 months. (This could involve facilitating group sessions or providing individual support and assessments with service users).

Hours are variable and to be agreed with the volunteers. Regular commitment to this project is vital to establish healthy relationships within the group.

**Requirements:** Volunteers must have their own, lived experience of a mental health issue or experience or relevant training of being a victim of crime (e.g. similar to training given by Victim Support / Women's Aid).

### **Role Purpose:**

As a volunteer within the victims of crime project, you will be using your own experiences of mental health issues or experience/training of being a victim of crime to support, encourage and inspire people experiencing an effect on their mental wellbeing, due to being a victim of crime.

Providing a role model and offering both understanding and support, you will help to raise others' confidence, self-belief and aid their long term recovery. This may be in a group, social or one to one setting.

### **Main Responsibilities:**

- Help plan and run group and activity sessions in line with the needs of participants.
- To support and encourage participants to identify their own strengths and life goals and how to take steps to achieve them.
- Support participants to develop coping strategies and mechanisms that they will be able to apply in their everyday lives.

- To promote recovery through the supporter's own personal experience and life journey, inspiring others to believe that they too can progress and achieve beyond the issues they are facing.
- Providing participants with tools and coping strategies to play a more active role within their communities, through participation in groups and activities.
- Acting as a role model to participants.
- Participate in service evaluation and reflection, and support participants to take part.
- Commit to ongoing input into the service.

### **What's in it for you?**

- The opportunity to share your own experiences and training to help others on their recovery journey.
- Learn new skills and gain work experience which could help you progress your own career and work goals.
- Increase your confidence, understanding and further develop your own recovery.
- Full support and training from Solent Mind.
- The opportunity to play a valuable role in helping to inspire and support people with mental health issues, and to help to break the associated stigma and isolation.
- To be part of an exciting new service which will help and support many vulnerable people within the community.
- Formal recognition for your contribution.

### **Why we want you:**

- We believe that by working with people who have their own lived experience of mental health issues, we can inspire participants and show that there is life after a mental health diagnosis.
- Having experience or training within being a victim of crime is important in understanding, within this role.
- It is vital for this project to work, that our volunteers come from experience or training within mental health or being a victim of crime, as this is a peer led service.
- We believe that those with first-hand experience are best placed to understand and empathise with people who are experiencing a mental health issue.
- We want to recognise and celebrate your recovery journey, and use your experiences to help others and to develop our own understanding of the needs of participants.

### **Additional Notes:**

- Full training and regular support and supervision will be given.
- We anticipate that groups will be held in Southampton and Portsmouth.
- One to one work will be involved with the service users, therefore volunteers must be confident to engage in a one to one setting which will be in a public place.
- Volunteers will be able to choose which area they would like to work with.
- Travel and associated costs will be reimbursed.

**For further information about the role please contact:**

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