**Service name** West Sussex Mind

 **Social and Leisure Activities Volunteer Role Profile**

This role involves supporting West Sussex Mind to develop and deliver our wellbeing programme to our service users, leading and facilitating a wide range of groups to support people who use our services to improve their mental and physical wellbeing across various locations in West Sussex.

**What's involved**

Volunteering for a minimum of two hours a week alongside West Sussex staff to:

* Support people who use our service to take part in the activities we provide, these may be face to face or via zoom.
* Facilitate existing sessions.
* Helping set up and lead new activities both within the project and in the community in partnership with other organisations.

**What we ask for**

* That you are practical, caring, considerate of others, empathetic and patient.
* That you are a confident communicator with good listening and facilitating skills.
* Have an enthusiasm for working with people, enabling them to achieve personal goals and are committed to being part of the service on a regular basis.
* Understanding or lived experience of mental health needs desirable, this is not essential for the role.

**How we help our volunteers and benefits**

* Welcome you to West Sussex Mind with a package of training and information needed to carry out the role.
* You will meet new people, have the opportunity to learn new skills and take part in regular in-house training.
* We will reimburse pre-agreed expenses in line with West Sussex Mind’s policy.
* We will check-in regularly to ensure you are enjoying your volunteering role.

**Our Values**

* Open: we reach out to anyone who needs us
* Together: we're stronger in partnerships
* Responsive: we listen, we act
* Independent: we speak out fearlessly
* Unstoppable: we never give up
* Forward thinking: we innovate and develop

**Because the role involves working closely with vulnerable people, we need to take up two references and a Disclosure and Barring Service check.**

For more information, please email rosemarie.hegarty@westsussexmind.org