

Volunteer Role Profile

**Service name** West Sussex Mind – Social Activities

**Volunteer Walking Group Facilitator**

This role involves leading/co-facilitating a walking group. If you like getting out, walking and engaging with the environment, this may be the group for you. Be empathic and non-judgmental to provide a safe space for our Service Users. To support and encourage West Sussex Mind Service Users to attend regularly, to initiate conversations and promote interaction amongst the Service Users. There will be opportunities to create your own routes from a variety of locations within West Sussex.

Wh**at's involved**

Volunteering for a minimum of two hours a week to:

* Lead/co-facilitate walking groups citing the physical and mental health benefits
* Research routes and places of interest
* Support and encourage our Service Users to engage with the outdoors
* Help us to signpost attendees to local clubs to improve their confidence in social skills
* Keep a register of attendance

**What we ask for**

* That you are able to inspire and motivate people.
* That you are a confident communicator with good listening 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.**

Agreed by:

Volunteer name: …………………………………………………………….

Date: ………………………………………….