

Wellbeing Sessions and Activities Supporter

Role title: Wellbeing Sessions and Activities Supporter

Location: North Somerset

Responsible to: Service co-ordinator

Hours: Available within office hours only

About Second Step

Second Step's aim is to deliver recovery and well-being opportunities for people with mental health and other support needs to achieve their hopes and ambitions.  Second Step operates in B&NES, Bristol, North Somerset, Somerset and South Gloucestershire.

This is an exciting opportunity to join North Somerset Wellbeing Service, run by Second-Step. We provide support for people across North Somerset with mental health problems through a non-judgmental, focused programme of workshops, courses and activities. Our provision helps people to manage mental wellbeing and work towards recovery goals.

Volunteers of all ages (18+) and backgrounds are welcome and are valued as much for their life experiences as for the qualifications they may hold. We welcome those who may have accessed mental health and wellbeing services themselves and could use their personal experience for the benefit of others.

When:

We are looking for people who are available for a minimum of 2-3 hours per week for a minimum period of 6 months. Your hours of support would be delivered between 9:00am -5:00pm Monday to Friday.

About this role:

This role involves working alongside the existing Second Step staff and volunteers to deliver a range of wellbeing activities and sessions for North Somerset Wellbeing Service. We currently deliver our provision in Weston-Super-Mare, Nailsea and Clevedon and we are looking for volunteers to support us in any of these areas.

Tasks involved in this role:

* Helping to develop content for our wellbeing sessions and activities with support from the service co-ordinator
* Working closely with the service co-ordinator to develop the confidence and skills to co-deliver / lead wellbeing activities and sessions where appropriate.
* Actively supporting discussions within wellbeing sessions.
* Meeting and greeting service users as they attend groups.
* Supporting the service co-ordinator to ensure that procedures to minimise the risk of Covid transmission are followed.
* Support with any other tasks related to the delivery of wellbeing sessions and activities.

What skills and experience do I need?

* Verbal communication skills
* Punctual and reliable
* Able to use own initiative
* Good organisational skills
* Ability to perform as part of a team
* We welcome people with lived experience of the issues facing service users – across homelessness, mental health issues, drug and alcohol problems, offending histories and other life issues, and experience of using services.

What commitment does Second Step need from me?

• A commitment of 6 months to supporting, minimum 2 hours each week

• To attend induction and support sessions as required

• To maintain confidentiality

• To adhere to Second Steps Health and Safety guidelines

• To abide by and put into practice Second Step’s Equal Opportunities Policy

• You must be free from drug / alcohol misuse and living independently; and have been so for the past six months

Please note: We require all Volunteers to complete a Disclosure and Barring Service Check. We recognise that some people may have offending history and this will not necessarily exclude you from supporting within Second Step.

What will I get from Supporting with Second Step?

• Full induction and training for your role

• Opportunities to build your CV, learn and develop skills

• Ongoing support and supervision

• Chance to meet new people

• Out of pocket expenses including travel expenses in line with Second Step policy

• Opportunities for personal development and progression