



Volunteer Role Description

Wellbeing Sessions and Activities Supporter

About us:

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.

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. 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.

Where and when:

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. Our wellbeing courses are all run online, so there are also opportunities for volunteers to support these virtual sessions. We are looking for people who are available for a minimum of 2 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.

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?

- Good communication skills
- Punctual and reliable
- Able to use 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 volunteering 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

Second Step is committed to Equal Opportunities and welcomes applicants from all sections of the community and from people who have personal experience of using mental health services.

How do I apply and what happens next?

For further information or to arrange an informal chat about volunteering opportunities, please contact North Somerset Wellbeing Service on 0333 023 3504 or email NSWellbeing@second-step.co.uk

Please complete an application form and send to the above email address or post to:

**North Somerset Wellbeing Service- Volunteering,
4 Boulevard,
Weston-Super-Mare,
BS23 1NA**