

Volunteer Role Description – Wellbeing Group Assistant

Role Title	Wellbeing Group Assistant
Location of Position	Thurrock or Brentwood
Responsible to	Social Inclusion Group Worker
Purpose/Summary of Role	To join in with wellbeing group activities and make service users feel welcome and included in the group. Volunteers in this role are required to have a DBS check that will be undertaken prior to starting.
Description of Tasks	• Get room ready and tidy away at the end of the session. • Chat with service users and stimulate conversation within the group • Make refreshments • Ensure any concerns are flagged to a member of staff • Participate in activities and ensure all service users are engaged
Time Commitment	Approx. 3 hours per week. Thurrock (Grays) Mondays & Wednesdays 11am to 2pm Brentwood – groups run Monday to Friday (times vary).
Skills & Qualifications	• Confident in talking to people • Willing to have go at different activities, but no requirement to have any particular knowledge or skill • An understanding of mental health will be good but not essential
Training & Support	Before commencing volunteering, we ask that volunteers participate in the following training: • Data Security Awareness • Conflict Resolution • Equality, Diversity and Human Rights • Safeguarding Adults

	• Preventing Radicalisation (Basic Awareness) • Mental Health Awareness • Health, Safety and Infection Prevention and Control • Fire Safety These short courses are delivered online and can undertaken at a time convenient to the volunteer. For anyone unable to access online training we run periodic face to face volunteer training.
Reimbursement of Expenses	This will be in line with our Volunteer Policy.
Benefits to Volunteer	• Meet new people • Learn new skills • Gain confidence • Sense of fulfilment as a result of helping others
Volunteer Manager Contact Information	Volunteer Manager 152 Bridge Road Grays RM17 6DB 01375391411 volunteers@thurrockandbrentwoodmind.org.uk



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