

VOLUNTEER ROLE PROFILE

Role title:	Grief in Pieces – (Lived Experience) Volunteer
Responsible to:	Grief in Pieces Volunteer and Peer Coordinator
Hours:	Available Monday – Friday
Location:	Remote

About Mind in the City, Hackney and Waltham Forest:

We are a multi-disciplinary provider of specialist mental health services and a part of the Mind Federation.

We promote both recovery from ill health for people with recurrent and enduring mental health difficulties and early intervention for those at risk of developing mental health issues, or who struggle with common mental health conditions.

We currently support around 5,000 people a year through a variety of services focusing on psychological, social, economic and workplace wellbeing, and support minoritised communities.

Our values are:

Connected: Creating a compassionate and supportive community.

Fair: We strive for equity- no-one's needs should go unmet.

Brave: We walk with people, offering help by doing what works - proven or new.

Working with Mind CHWF means you'll be part of a dedicated, passionate, and professional workforce who cares about the work they do and make a real difference to the lives of the people in the City of London, Hackney and Waltham Forest.

We are committed to actively becoming anti-racist in everything we do. This is a critical priority for Mind CHWF. We embrace diversity and understand that being an inclusive organisation that recognises different perspectives, will enable us to provide excellent services.

We are committed to ensuring all our employees are treated fairly and equitably at work and promoting equity in physical and mental health for all.

Those with lived experience of Mental Health are encouraged to apply.

DBS clearance at Enhanced without Barring is required for this role, for which Mind CHWF will pay.

Why Volunteer and What is the role of a Volunteer in Grief in Pieces?

By joining Grief in Pieces, you'll be helping to support others bereaved by suicide. You will play a role in creating positive change by sharing your experience, and will make new connections with people with shared experience.

You will bring your valuable lived experience of suicide loss to the role of Grief in Pieces (Lived Experience) Volunteer.

You may be offered an opportunity to co-facilitate one of our brief or longer support groups, or to provide emotional and practical support for those recently bereaved by suicide. Your views and experience will help to shape the service, to improve the support available to those with shared experience of a loss to suicide. You will also have the opportunity to contribute to awareness raising events around suicide loss in the community and beyond, and to Mind CHWF's mission.

In return, we can provide training and development opportunities in group facilitation and one-to-one support, a supportive and welcoming work environment and the chance to support a vibrant and dynamic local charity.

Ideal Commitment

- Our Peer Support Group runs ONLINE, one evening a week, for 12 weeks at a time.
- A minimum of a 2-month commitment.
- Up to 1 hour per week admin time.

Core Tasks

- Co-facilitating one of our support groups or group sessions with one of our Grief in Pieces practitioners, this will include:
 - Completing basic training to get comfortable with the role of group co-facilitator
 - Creating and using a shared group agreement that should be created by peers using the space.
 - Ensuring everyone gets an opportunity to take part
 - Responding to any challenges that arise in the group and having an agreed way of managing challenges in the group agreement
 - To make participants feel welcomed and supported during your group.
 - To take a register of each group attendance and report back to the peer projects manager.
 - To be aware of our group risk assessments and be clear on what to do in the event of an incident or challenge in a group space.
 - Communicating with the Peer Supporter Coordinator your commitment and availability. And to inform them as soon as possible if you are unable to facilitate your group so that clients can be updated promptly. This includes any breaks or holidays.

- Additional events and research involvement:
 - Attend agreed events where you will be supported in sharing your experience of suicide loss
 - Attend monthly supervisions to support you in the role
 - Attend relevant agreed upon training
 - Participate in discussions about the service, and evaluating outcomes

About You

- Bereaved 1+ years ago, and have received counselling, or other support.
- Ideally, have participated in peer support programmes.
- Committed to sharing your experience with others, and improving services for people bereaved by suicide.
- Committed to our mission and values, including equality and social inclusion.
- Enthusiastic with a warm, friendly attitude.
- Keen to share your skills and insights and develop new ones through training.
- Happy working collaboratively and as part of a team.
- Flexible and willing to undertake tasks as required by your supervisors.
- Excellent timekeeping and attendance, strong communication skills and initiative.
- Understands the importance of confidentiality and maintains professional boundaries.

What We Have to Offer

- Training and support from an experienced management team.
- The chance to gain valuable experience in facilitating group spaces and supporting people on their own journey.
- The opportunity to contribute to research and improve the service for people bereaved by suicide and raise awareness.
- Advocacy opportunities to share your experience in groups and at events to improve support around suicide and suicide bereavement.
- Insight into working for an organisation with charitable aims.
- A reference to take to future employers.

Additional Information

- This opportunity is available to over 18s only.
- Volunteers must adhere to Mind CHWF policies, in particular the Health & Safety Policy and Equal Opportunity Policy.

- Mind CHWF is committed to the personal development of volunteers. Should training extend beyond day-to-day duties, referral to a longer-term training program or an alternative course will be offered where appropriate.