

Sutton Mental Health Foundation



VOLUNTEER ROLE DESCRIPTION

SOCIAL SUPPORT VOLUNTEER

The main role of the volunteer is to provide social support to members who attend the drop-in and to report any concerns to the management. Volunteering with SMHF will involve chatting and listening to what members have to say and may also involve engaging in drop-in activities such as arts, crafts, games; assisting with organised trips and outings; assisting with general domestic duties at the end of each session and/or during lunch times, and assisting in the kitchen at busy times.

PERSON SPECIFICATION

Essential Skills:

- An understanding of, or willingness to receive training in, mental health issues.
- Ability to communicate with people, in particular the ability to listen and empathise;
- Ability to work as part of a team, and to work independently;
- Ability and willingness to contribute to team meetings;
- Ability to maintain boundaries;
- Ability to maintain confidentiality;
- An awareness and commitment to equal opportunities and anti-discriminatory practice;
- A willingness to receive and participate in supervision;
- A willingness to attend training that is necessary to the role, especially health and safety and safeguarding vulnerable adults, and ;
- A willingness to be flexible and help out when and where needed;
- Adhering to health and safety requirements;
- Adherence to all Sutton Mental Health Foundation's policies and procedures including, but not limited to, Equal Opportunities, Confidentiality, Code of Conduct and all SMHF staff and volunteer guidelines.