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REDBRIDGE VOLUNTEERING

ROLE DESCRIPTION

Role: **Volunteer**

Responsible to: Imagine Redbridge Management Team

**Purpose of the role:**

To support adult mental health service users in carrying out group activities within community settings or specified groups onsite at Imagine.

Activities include: Taking part in regular sporting activities; Accompanying groups on outings / educational / recreational trips in London; Encouraging and supporting service users in using public transport and accessing local amenities.

**Main tasks:**

* Meeting up at agreed times and venues to support service users to carry out a regular activity
* Supporting service users in using public amenities and public transport
* Enabling service users to make their own decisions and take responsibility for their actions.
* Attending on-site activities to offer support such as during drop in times
* Contacting on call staff and management as needed.

**Other tasks can include:**

* Attending training to help you develop in your role
* Attending staff and servicer user meetings on site
* Completing incident reports if needed

**We offer you:**

* Induction to volunteering in Redbridge Imagine
* On-going support, from Imagine staff
* Supervision from management team
* Out of pocket expenses reimbursed
* References
* Further training where required

**VOLUNTEER ROLE – SKILLS REQUIRED**

**Personal skills and qualities**

* An understanding of the issues that may affect people with mental health issues.
* Ability to empathise with service users
* Good communication skills
* Ability to provide emotional and practical support
* Be client centred, friendly and approachable
* Flexible, reliable and trustworthy
* Ability to work independently and as part of a team
* Ability to ask for support and help from others, when needed

**Experience**

* An interest and understanding of mental health issues
* Personal interests that may help in your role: such as taking part in sporting activities, arts, music, gardening, museums, galleries.

**Adherence to Procedures**

* Understanding of confidentiality and commitment to its principles
* Ability to communicate with people from all backgrounds, cultures and being respectful of different views
* Willingness to attend training and support meetings, and feedback ideas for service development
* Positive approach to the promotion of Imagine’s services and ethos
* Ability to complete monitoring information, timesheets and details of expenses

Edited JS.14/01/2020

