Volunteer Role Description

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| ROLE TITLE | Good Mood Group Facilitator  |
| HOURS | Flexible (each session typically lasts around 2 hours) |
| LOCATION | Various locations around the region |
| REPORTING TO | Community Programme Coordinator  |

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| ROLE PURPOSE | To facilitate LLR Mind’s Good Mood Groups, creating informal spaces where people can connect with other like-minded people within their communities to access wellbeing support and share interests and skills. |

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| KEY RESPONSIBILITIES |
| * Facilitate the Good Mood Groups, ensuring a welcoming environment for all.
* Work closely with the Community Programme Coordinator to tailor groups to local needs.
* Interact with beneficiaries, including assisting with the delivery of activities.
* Signpost and support beneficiaries to other services to improve their mental health.
* Ensure the active involvement of beneficiaries through all aspects of the service.
* Support monitoring and evaluation activities to demonstrate impact.
* Maintain health and safety standards and confidentiality.
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| **ROLE REQUIREMENTS** | **Essential / Desirable** |
| EXPERIENCE* Direct or indirect experience of mental health problems
* Experience of the target communities of the Good Mood Group(s)
* Experience of supporting adults with poor mental health.
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| SKILLS AND ABILITIES* Excellent interpersonal skills
* Able to work collaboratively as part of a team.
* Able to manage with sensitive information and maintain confidentiality.
* Able to effectively engage with people from diverse backgrounds.
* Able to speak other languages used in LLR.
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| ATTITUDES* Self-motivated and able to work independently.
* Can work in a recovery orientated, strength-based, non-judgemental manner.
* Committed to promoting a culture that values equity and diversity.
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