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. | D  E  D |
| 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. | E  E  E  E  D |
| 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. | E  E  E |