



Youth mental health support group volunteer

Based: In Ottery St Mary and Axminster, Devon

Hours: 2-6 per week

£ Unpaid role, expenses/travel can be paid

To assist at [Headlight's weekly peer support sessions](#), supporting young people aged 13-18 and/or 18-24 with mental and emotional health issues. Volunteers may also be involved in the delivery of one-off activity days (Discovery days).

The role may involve running or helping with activities; helping with cooking and/or preparing food; offering a listening ear to a young person or who needs to talk; clearing, tidying and making cups of tea; offering other support as may be necessary to service users, other volunteers and staff. Mostly we ask that you get involved with activities and have fun!

The stigma of mental illness means that frequently people experience a sense of isolation, confusion and of being judged. Spending time with and listening to the person enhances wellbeing and quality of life, reduces loneliness, and builds confidence and self-esteem.

- Ideally be able to commit to helping out in at least one support session per fortnight.
- To establish and build a supportive relationship with service users.
- To spend time/share activities with service users working towards any goals set at the beginning of their involvement with Headlight.
- To establish and maintain appropriate boundaries within the volunteering relationship.
- To offer an accepting, understanding, and non-judgemental presence to the service users
- To be aware of, and work within, the policy framework of Action East Devon
- To respect confidentiality in accordance Action East Devon

- To work within a non-discriminatory framework and to apply the principles set out in Action East Devon's equality and diversity policy.
- To notify the Manager of any issues/difficulties relating to a service user
- To undertake induction training and any other relevant training
- To attend volunteer meetings and group supervision sessions with the Manager or Clinical supervisor
- To complete all necessary administrative tasks (e.g., expenses claim forms, monitoring/evaluation forms to help to elicit the value of Action East Devon)

Action East Devon is a small-medium sized charity and registered company delivering wellbeing and mental health services across East Devon. As a relatively small charity we are open and welcoming. Our aim is to help you enjoy your role and to gain personal satisfaction from your participation – can you be the person we need to help Action East Devon grow and succeed, supporting the young people of East Devon?

Closing date for applications is 30 October 2022 (ongoing)

If you would like to apply for the role, please send an email detailing how you would be suitable for the role, any former experience you may have (not a requirement) and why you are looking to volunteer with us to info@actioneastdevon.gov.uk and we will contact you to arrange a meeting.

If you would like an informal discussion about this post or have any queries, please contact Lucy Foord on info@actioneastdevon.org.uk or 01404 549045

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