# Mental Health Drop-in Session Befriender

<table>
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<th>Role Title</th>
<th>Mental Health Drop-in Session Befriender</th>
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<td>Where/Project/Team</td>
<td>Windmill Hill City Farm: Mental Health Drop-in Session Befriender</td>
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<td>When does it start</td>
<td>ASAP</td>
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| Commitment(Days and Times) | Tuesdays 6-8.30pm  
|                     | 8 weeks minimum commitment                                                    |
| Purpose of the role | The Health and Social Care Team works with the local community to offer services and activities across a number of areas, including improving people’s mental wellbeing through support in a community environment. Support is available for people with mental health issues through a range of activities including a weekly drop-in session on Tuesday evenings for peer and professional support. 
We are looking for a volunteer to join the Health and Social Care Team and be a befriender in mental health drop in sessions. You will develop a safe and welcome environment in which people with mental health issues can make friends, explore issues and make life progress. |
| Main activities/ tasks | • To assist the session leader to organise and run the session.  
• To meet and greet individuals into the sessions.  
• To engage in informal conversation and listen to individuals, providing emotional support where appropriate.  
• To create a comfortable and safe environment.  
• Participate in a range of activities of the individuals’ choice (for example board games). |
| Reporting to        | Nicky Bacon (Health and Social Care Manager) and Lizzie Spencer (Volunteer Coordinator) |
| Support and training | We will offer you:  
• Initial induction  
• Regular supervision, support and training where appropriate |
to develop your own skills base in the areas you would like to focus on.

- Volunteer meetings with the opportunity to socialise with fellow volunteers and discuss project development

The role will provide you with the opportunity to give something to the community and develop the valuable work of the Farm.

| Skills, Experience and Qualities You Need | Good communication and active listening skills  
|                                          | Ability to relate to a diverse range of people.  
|                                          | Non judgemental attitude and keen to support people from all backgrounds.  
|                                          | Some experience of working with adults with mental health issues.  
|                                          | A friendly, welcoming and inclusive approach.  
|                                          | Ability to work effectively as a member of a team.  
|                                          | An understanding of confidentiality  

This is an ideal role for someone who would like to develop experience of working in a Health and Social care team and a community organisation. It is also an opportunity to gain understanding of mental health issues and activities to support those with mental health difficulties.

| For more information, contact: | Lizzie Spencer  
|                               | Volunteer Coordinator  
|                               | lizzie.spencer@windmillhillcityfarm.org.uk  
|                               | 0117 947 1181 |