

## **Carers in Mind Volunteer**

### **Role Description**

<b>Role:</b>	Carers Peer Support Volunteer
<b>Type of Role:</b>	Voluntary
<b>Responsible to:</b>	A designated staff member in the Carers in Mind Team
<b>Location:</b>	Across London Borough of Richmond
<b>Hours:</b>	Minimum of 2 hours per week/fortnightly for 6 months

### **Role Summary:**

RB Mind's Carers in Mind project supports the mental wellbeing of families and friends supporting someone experiencing a mental health issue. The project delivers a variety of services including one-to-one advice and guidance, peer-led support groups, educational workshops and social activities.

As a Carers Peer Support Volunteer you will provide one-to-one support to other carers either in person or over the telephone/email/video call. This one-to-one support will include emotional support, practical support as well as information-giving and signposting to other services where appropriate.

### **Key Responsibilities:**

1. To contact referred carers and make arrangements to meet or talk on phone or email.
2. To provide one-to-one support including emotional and practical support.
3. To provide a safe and welcoming atmosphere.
4. To pass on any concerns about a carer to the team for additional support.
5. To maintain confidential records of contact with carers and share information with the team as appropriate and agreed with the carer.
6. To attend regular one to one and group supervision with CIM team and other peer mentors (frequency to be steered by time commitment from mentors).

## **Person Specification**

To undertake the role of Carers Peer Support Volunteer, it is desirable to meet the specification guidance however there will also be opportunities to develop these skills:

- Past/current lived experience as a carer for someone with a mental health condition.
- Settled in your caring role allowing for emotional capacity to support another individual/s, on an ongoing basis.
- Non-judgemental, empathetic and person-centred.
- Good communication skills.
- Ability to work well in a team.
- Organised and reliable.
- Ability to perform tasks independently and to ask for help when required.
- Awareness of confidentiality and data protection.
- Basic computer skills; confident in using a computer or laptop, as well as a mobile phone.
- Ability and willingness to travel around the Borough of Richmond upon Thames.

## **Expectations**

- Successful applicants will be required to provide details of two references and agree to submit details for and undertake a Disclosure and Barring Services (DBS) check.
- To complete a volunteer induction.
- To comply with all RB Mind organisational policies.

## **What we offer**

- Access to mandatory training (as well as opportunities for ongoing developmental training) and volunteer activities.
- One-to-one and group support.
- Travel and lunch expenses (as per policy).
- References (after completion of 3 months volunteering with us).

If you would like to join our growing team of Carers Service Volunteers, we would love to hear from you! Please email your application to: [volunteering@rbmind.org](mailto:volunteering@rbmind.org) or call 020 8940 7384 for more information.