

Autism Group Volunteer Role Description

PURPOSE:	A safe space for individuals with autism to bond with peers and discuss topics of importance to them. The group will focus on shared coping strategies, self-advocacy and navigating life in a way that suits their personal needs and brings out the best in daily life.
REPORTS TO:	
HOURS:	TBC
LOCATION:	Online Zoom meeting

Duties can include:

- Supporting facilitator to ensure a smooth-running conversation
- Maintaining inclusive and respectful language of all those in the group
- Support with necessary signposting or information sharing
- Welcoming new members and helping build connections between existing members of the group
- Engage quieter members to share their experiences amongst group to reduce isolation
- Assist facilitator in structuring group sessions and thinking of topics of interest for future sessions
- Establish a regular structure that supports the groups need for predictable structure and reduces anxiety

Skills, Attributes & Abilities Required:

Cultivating a safe space, good listening skills, high empathy levels, confidence in addressing a group of people online, direct communication, manage sensory needs virtually, patience, respect of differences and individualism

Benefits

- The opportunity to learn more about the voluntary sector and to gain valuable skills and experience
- Volunteering from home allowance (in line with our Volunteers' Expenses Policy)

- The opportunity to attend training courses
- Support and supervision
- References (after completion of 3 months volunteering with us)

If you are interested in applying or would like further information on volunteering with us, please email our Volunteering Team volunteering@rbmind.org click on the QR code or call 07849 090901

Thank you for your interest in Richmond Borough Mind

