

Futures in Mind

Student Volunteer

Role Student Volunteer

Supported by Volunteers/Befrienders/ Service Coordinators

Location(s) Across Essex (excluding Southend and Thurrock)

Purpose of the Role

- Complement the professional services offered by Futures in Mind and external providers.
- Working towards becoming a volunteer befriender/activity volunteer to support service users, and facilitate groups and activities.
- Match, as far as practicable, the needs of the service with your skills, knowledge, experience and motivation.
- Recognise that successful induction incorporates your motivations, aspirations and choices.
- Aim to provide timely and accurate information about Futures in Mind, and Phoenix Futures' services, policies and procedures.
- Understand the role of Volunteer and the Futures in Mind service.
- Seek provide a friendly, encouraging and supportive environment.

Responsibilities

- Attend induction and shadow groups/activities i.e. welcome cafes working towards becoming a volunteer.
- Commit to developing and working on a learning plan, attend relevant training
- Ensure you are supported by a member of paid staff, and/or an experienced volunteer. shadowing face to face befriending sessions with an experienced volunteer.
- To attend group and individual volunteer support sessions with Futures in Mind Service Coordinators.
- Respect confidentiality, personal space and equal opportunities for everyone. Maintain impartiality.
- Be able to work within Professional and Personal Boundaries as set out by Futures in Mind.



- Understand the importance, and process for reporting any concerns or safeguarding to the relevant people/organisations.
- Awareness of the importance of your own wellbeing and a commitment to sharing your limitations with other volunteers and Service Coordinators.
- Listen to service users effectively, support the volunteers with offering informal support and if necessary signposting within Futures in Mind or to an external organisation.
- Ensure the Community Code of Conduct is known and adhered to.
- Be an ambassador for Futures in Mind in your community.

Person Specification

- Good people skills.
- Be stable with your own mental health and/or be in recovery from substance misuse,
- To be a kind and compassionate listener.
- A friendly and approachable manner.
- Non-judgemental and inclusive attitude to all people involved with Futures in Mind.
- Basic administration skills.

Role Benefits

- Increased personal confidence and self-esteem.
- Volunteering is a useful addition to your CV or application for further education opportunities.
- Receive regular supervision for ongoing support and guidance.
- Helping to have a sense of purpose and regular routine.
- Personal satisfaction from helping others in their journey of recovery.
- Giving something back to the community that has supported you.
- Develop new skills, and enhance existing attributes.
- Be part of an innovative and inclusive service.
- Access to ongoing training, and support to enhance skills and knowledge within the substance misuse/criminal justice/mental health sector