

**HOPESPACE Volunteer Facilitator**

**Project/Service:** Bridges to Wellbeing

**Location:** City Centre, Bath

**Support and supervision** Ralph Lileywhite

**Commitment:**  a minimum of 3 hours weekly, Tuesday evenings 6-9pm

**Where will I be volunteering?**

Bridges to Wellbeing is involved with the set up and delivery of a variety of peer led groups in BANES that support mental health and wellbeing, the development and production of the Hope Guide, coordination of the Peer Mentoring Project and offers a variety of training to volunteers across BANES. This role is primarily to help with the facilitation of the HOPESPACE Tuesday evening Social Café, where they meet for refreshments, conversation, board games and art and also in the promotion of the service to help it grow and flourish.

**What will I be doing?**

* Acting as a facilitator and host to the group.
* Creating a warm and comfortable environment, including helping with the set up and clearing away of refreshments and supplies.
* Supporting group members to engage with each other, enjoy their chosen activities and create a sense of community.
* Supporting members to create a safe and respectful environment

**Volunteers must meet the following criteria:**

* Confidence in your own ability to socialise and a desire to encourage others to do so in a calm and stress free manner.
* Commitment, patience and reliability
* A desire to help people overcome their personal challenges by providing a supportive environment in which to flourish.
* The ability to respond with sensitivity and respect to people with mental health issues.
* The ability to cope with people who may sometimes display challenging behaviours.
* Consistency is very important to our members, ideally volunteers would make a 6 month commitment. The group is weekly, but how often you attend can be flexible, and you will liaise with your co-facilitator to work out what is best for all.

**What support will I receive?**

* Regular support from your volunteer co-facilitator.
* Debriefing session after each meeting of the group with the co-facilitator.
* Support from St Mungo’s Building Bridges for advice and support whenever necessary.
* Three-monthly supervision through St Mungo’s.
* Volunteer travel expenses are reimbursed and access to training through St Mungo’s.
* Training through St Mungo’s & Volunteer Network

**I would like to help:**

Complete the online application form which is available on our website. If you need support with filling out the online application please get in touch. Contact details:

**Email:** volunteerservices@mungos.org **Telephone:** 020 3856 6160