

Wellbeing Group Volunteer

Staff responsible for volunteer:

Wellbeing Project Coordinator	Corah Ambrose	07842408830
Volunteer Coordinator	Petra Hardie	07776074335

About The Wellbeing Group:

The Wellbeing Group is part of the Wellbeing Project. It provides person-centred and trauma-informed mental health support to refugees and asylum seekers. It aims to support group members to better understand their mental health and wellbeing, explore their current difficulties and learn useful coping skills to build resilience.

Position Summary:

The Wellbeing Project is seeking dedicated and passionate volunteers to support the planning, delivery, and evaluation of the Wellbeing Group. Working closely with the Wellbeing Project Coordinator, volunteers will support the design and creation of psychoeducational resources and assist in the facilitation of the groups.

Volunteering Time Requirements:

3.5- 6 hours per week

Group sessions are run in blocks. We are looking for volunteers who can be available for 1,2 or all 3 of the following blocks and for at least one month beforehand for training and support purposes.

Dates of group blocks:

1. 1st August- 5th September 2024
2. 26th September- 31st October 2024
3. 14th November- 19th December 2024

Volunteers should be available on Thursday afternoons from 12pm-3.30pm.

Key Responsibilities:

- Work closely with the Wellbeing Project Coordinator to develop engaging, informative, psychoeducation resources for translation
- Support the delivery of group sessions including set up of venue and group materials, registration, monitoring and evaluation
- Attend weekly check-ins with the Wellbeing Project Coordinator
- Contribute to monitoring and evaluating the impact of the Wellbeing Group for community members
- Observe ethical guidelines and principles, including confidentiality and safeguarding protocols when working with our community members and GCP staff
- Complete required mandatory training on time

What we are looking for:

- Demonstrable understanding of mental health difficulties and their impact
- Knowledge of issues related to refugees and asylum seekers, including trauma, displacement, human rights, and social determinants of health
- Sensitivity to cultural and linguistic diversity, and a commitment to promoting diversity, equity, and inclusion
- Excellent interpersonal and verbal communication skills
- Ability to work independently and collaboratively
- Strong digital literacy skills including digital design

Please register your interest in volunteering by contacting our Volunteer Coordinator Petra: volunteering@govancommunityproject.org.uk

Please include the following:

- Your availability
- Brief description of your interest and motivation for volunteering

Deadline for interest: 24/5/24

Please note that potential volunteers will be invited to attend an informal discussion on 11/6/24.



Additional Volunteering opportunities with the Wellbeing Project:

The Wellbeing Project also delivers one off Community Wellbeing Workshops. The time commitment for these volunteer roles are more as-and-when and would require administrative, advertisement and evaluation support. For more information please contact wellbeing@govancommunityproject.org.uk