

# Support & Self Care Group Facilitator

## VOLUNTEER ROLE DESCRIPTION

### WHAT IS THE PURPOSE OF THE SUPPORT & SELF CARE GROUPS?

The Aware Support & Self Care Groups are for individuals who experience depression, bipolar disorder, anxiety and other mood related conditions. They are held online, in person or on the telephone on a weekly basis, nationwide.

### WHAT IS THE ROLE OF THE SUPPORT & SELF CARE GROUP VOLUNTEER?

The Support & Self Care Group Volunteer Facilitator is responsible for facilitating weekly Support and Self Care groups which are conducted within the Aware framework. Each volunteer is trained to respond to all contributions from the participants with empathy, by allowing clarification, consideration of options and encouraging helpful action while adhering to Aware's ethos, policies and procedures.

### WHAT SKILLS OR QUALIFICATIONS WILL I NEED?

An Aware Support & Self Care Group volunteer is empathetic and compassionate with excellent communication skills. They are able to work through the Aware frameworks while maintaining a facilitative relationship with the group. They possess enthusiasm and passion for the area of mental health and/or for the work of Aware. The volunteer is always respectful of others and understands the importance of being a supportive and flexible team player. They must be willing to make a long-term commitment to volunteering with Aware and to participate in mandatory ongoing training.

### WHAT ARE THE AWARE GUIDING PRINCIPLES?

Volunteers facilitate groups by promoting pathways to recovery :

- By treating participants with dignity and respect with due regard to the principles and guidelines of Aware
- By responding to each contribution in a non-judgmental manner and in accordance with Aware's Confidentiality and Risk Management Policy
- Through promoting pathways to recovery through the provision of literature and offering information on Aware's additional services including Life Skills, the Support Line or Mail, Educational Programmes etc.

### OTHER REQUIREMENTS

#### Personal

- Over 25 years of age
- Fluent written & spoken English
- Computer Skills
- Passionate about mental health
- Empathetic, compassionate nature
- Excellent communication skills
- Excellent listening Skills
- Punctual and reliable
- Attendance at all training

#### Your Environment

- Reliable Broadband
- Quiet, private location to work
- Desktop or Smartphone
- Available 3 hours per week for 18 months
- Willing to facilitate in-person, phone and online meetings

#### Paperwork

- Garda Vetting
- 2 x References
- 2 x HSEland Courses (Children First & Safeguarding Adults at Risk of Abuse)

