

# Support Group 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 to give and receive support. They are held in-person, online or on the telephone on a weekly basis.

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

The Support & Self Care Group Volunteer Facilitator is responsible for facilitating weekly Support & 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 emotional support while adhering to Aware's ethos, policies and procedures.

### WHAT SKILLS OR QUALIFICATIONS WILL I NEED?

An Aware Support & Self Care Group Volunteer Facilitator is empathetic, compassionate with excellent communication skills. They are able to work with the Aware frameworks while maintaining a facilitative relationship with the group. They possess enthusiasm and passion for the area of mental health and 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 ongoing mandatory training.

### WHAT ARE THE AWARE GUIDING PRINCIPLES?

Volunteers facilitate groups by promoting pathways to recovery through:

- Treating participants with dignity and respect with due regard to the principles and guidelines of Aware.
- Responding to each contribution in a non-judgemental manner and in accordance with Aware's Confidentiality and Risk Management Policy
- Promoting pathways to recovery through the provision of literature and offering information on Aware's additional services including Support & Self-care groups, educational programmes, counselling etc.

### OTHER REQUIREMENTS

#### Personal

- Over 25 years old
- 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 (A mix of mandatory in-person training and online training)
- Resident of Ireland

#### Environment

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

#### Paperwork

- Garda Vetting
- 2x References
- 2x HSE Land Courses (Children First & Safeguarding Adults at risk of abuse)