

## **Volunteer Mental Health Advocate** Area: Lancashire and Trafford

Would you like to support individuals using mental health hospital services across to have the best experience possible?

### **Yes ?**

Then our Volunteer Mental Health Advocate opportunity may be right for you.

### **You could make a difference by:**

Supporting individuals with mental ill health to express their views, empowering them to self-advocate and make informed decisions in matters relating to their health and social care needs whilst in hospital.

### **You could be part of a team that:**

- Delivers drop-ins on mental health wards to inform patients of advocacy services and their rights
- Encourages self-advocacy and provides self-help toolkits, service literature and resources to patients
- Takes advocacy referrals from patients and ward staff
- Signposts individuals to other services where we are unable to provide support
- Supports patients to address issues with ward staff

### **Who are we looking for?**

We are looking for reliable, compassionate, caring, respectful and understanding people who are good communicators to join our volunteer team.

You don't need to be a mental health expert; empathy matters more than academic qualifications or experience and we are keen to hear from people of all ages and walks of life

### **All we ask is that you are keen and able to:**

- Complete and submit the relevant paperwork and forms
- Keep up to date with relevant legislation
- Be computer literate and have access to emails and Microsoft Teams on a device
- Attend quarterly supervisions and volunteer meetings with our volunteer management team
- Attend necessary internal and external training
- Adhere to our volunteer policies and procedures
- Maintain strict confidentiality
- Travel to one of the hospitals situated in Chorley, Trafford, Lancaster or Ormskirk
- To commit to 3 or 4 hours a week for a minimum of 6 months
- Travel using public transport or your own vehicle for which you should have a full UK driving licence

## What you will receive in return:

- Training opportunities
- An opportunity to develop your skills and experience in the health and social care sector
- Support and encouragement from our volunteer management team
- Out of pocket expenses
- Testimonials or a reference to support your career progression
- And most of all ... a rewarding experience

## OUR VALUES

**Quality:** We deliver high **quality** advocacy - we have over 20 years' experience of providing expert, person-led advocacy.

**People:** We put **people** at the heart of everything we do and want to enable them to make positive change in their lives.

**Respectful:** We are a **respectful** team - we treat everyone equally and make sure everyone feels valued, respected and listened to.

**Trust:** You can **trust** us and know that we will keep your information confidential and safe.

**Independent:** We are **independent** of councils and health services and we are on your side.

**Learning:** We never stop **learning** - we learn from the people we support, our partners and each other.