**Volunteer Mental Health Advocate**

**Areas: Chorley, Lancaster, St Helens, and Trafford**

**(minimum six-month role)**

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.