

Mental Health Volunteer
Area: Lancashire and Trafford
(Minimum Six month role)

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

Yes ?

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

You could make a difference by:

Supporting individuals with mental ill health to understand their rights and 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 and respectful individuals, with good communication skills, to join our volunteer team.

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

We ask that our Mental Health Volunteers are able to:

- Complete and submit relevant paperwork and forms
- Keep up to date with relevant legislation (training will be provided)
- Be computer literate and have access to emails and Microsoft Teams on a device
- Attend quarterly supervisions and volunteer meetings
- Attend/complete necessary internal and external training (sourced and provided by Advocacy Focus).
- Adhere to our volunteer policies and procedures
- Maintain strict confidentiality
- Travel to one of the hospitals situated in Lancashire or Trafford
- To commit to 3/4 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 from us in return:

- Training opportunities and ongoing access to our internal training platform, which contains all of the training provided to our staff team.
- An opportunity to develop your skills, confidence and and experience in the health and social care sector, particularly within a mental health setting.
- Support, supervision and encouragement from our Advocates and from the 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.