

Mental health and Wellbeing 'buddy' Volunteer Opportunities

bluesci
support

Do you enjoy supporting others to achieve?

Are you a good listener?

Are you looking to gain some experience?

Bluesci are looking for enthusiastic individuals, with experience of emotional wellbeing and mental health. Are supportive, compassionate and motivated. This is an exciting opportunity for you to get involved with a dynamic local organisation and gain valuable experience working with people in the following Volunteer roles:

- **Wellbeing Volunteer:** Supporting the day-to-day running of the Community wellbeing centre including; introducing individuals to the service, supporting and helping individuals access activities and navigate services, make phone calls, be a listening ear.
- **Peer Support Volunteer (Buddy):** Working with individuals as part of a dedicated team of Link-Workers. Supporting individuals to improve their wellbeing and build their confidence to get out and about. For example; building confidence to use public transport, accompanying an individual to an appointment &/or community activity.

The skills we're looking for in you

- Good people skills
- Confident
- Awareness of the needs of individuals who may be experiencing emotional distress.
- Enthusiasm for the ethos and values of Bluesci
- Ability to commit to a minimum of 4 hours a week (half a day)

We can offer you

- Valuable experience
- A supportive and encouraging environment in which to grow your skills and knowledge
- Training, Induction, Mentor support
- Volunteer expenses

If this sounds like you contact
enquiries@bluesci.org.uk

Visit our website for more about us www.bluesci.org.uk

