



Open Minds Volunteer Champions Role Description

Aims

We would like to recruit champions who have either a lived experience of a mental health condition or their friends and supporters who are also passionate about raising awareness about mental health and stigma in our community across West Sussex.

Open Minds events and activities volunteers There are a range of ways that we work in the community. That means there are a range of ways our Open Minds Volunteers can be involved. We talk to the general public at open events and festivals, we deliver short workshops with-in community organisations and in local businesses. We go to schools and colleges and we get involved in arts and community projects. We get inspired by the ideas of our champions and we are always willing to talk about these ideas.

Some of the ways you could be involved:

Events

- Setting up information stands at events and in community venues.
- Staffing the stand during the event or time slot, providing face to face information to members of the public
- Providing information leaflets.
- Signposting members of the public to their GP and other sources of help, advice and support as appropriate.

Workshops

Writing your personal testimony and reading it out as part of workshop that is led by a workshop facilitator. Workshops last for an hour excluding travel. We can discuss which areas you can travel to comfortably.

Online messaging

We are developing our stories on-line – blogs / vlogs and picture stories – working with us to develop content for our champions stories web page

Creative champions

We work towards the key events in the mental health awareness calendar combining and co-ordinating all the artistic and creative skills of volunteers to help us get the message out there.

Skills and Qualifications Required

No specific qualifications or experience are needed; however, the following points are important:

- Volunteers need to have an understanding of the values and goals of Coastal West Sussex Mind and agree to volunteer within our policies including equal opportunities policy, health and safety policy.
- For some of the public facing roles you will need to be confident in approaching and speaking to members of the general public.
- You will be able to work as part of a team.
- For some of the public facing roles you will be aware of the need to deliver accurate information in a clear, understandable way.
- You will also need to be willing to attend supervision and support sessions, and contribute to the community team meetings.
- You will be willing to commit to and undertake the training programme associated with this role.

Responsibilities

- To develop a basic understanding of the information on the project materials.
- To show empathy and understanding towards people seeking information.
- To understand the boundaries the role has about what information is given and to encourage and support people to seek further advice as needed
- To respect the confidential nature of the service.
- To understand and follow good health and safety practices and procedures at all times.

Time commitment:

- Attendance at the initial training session is required before any volunteering can begin
- Attendance at volunteer learning and development activities as they arise
- Commitment is flexible with regards to activities it is hoped that a volunteer once trained will enjoy the role and be available for our key events during **World Mental Health Day** October 10 **Time to Talk day** the first week in February and **Mental Health Awareness Week** 8 – 14 May

Our commitment to you

- To provide initial guidance and induction to the role
- To provide on-going support via further role related training, volunteer meetings, social/learning networking days
- To provide access to further training for volunteers as is appropriate
- To reimburse agreed expenses in accordance with Coastal West Sussex Minds policy

For more information on volunteering please contact **Louisa Hernandez 01903277000**
E: Louisa.hernandez@coastalwestsussexmind.org WWW.coastalwestsussexmind.org