



LGBTQ+ Mental Health & Wellbeing Group Worker

Description of role -

Our LGBTQ+ drop-in is a mental health and wellbeing group, which brings together LGBTQ+ residents to reduce social isolation. The drop-in runs every Thursday afternoon, between 2-4pm, and is currently a mixture of online and in-person sessions.

We often have talks on topics like benefits advice or sexual health and relationships. We run art workshops, music appreciation sessions, and sometimes go on trips to museums and parks. We are keen to offer additional wellbeing activities, such as guided walks, Tai Chi taster sessions, and book groups.

We are looking for a Mental Health & Wellbeing Volunteer to support the running of the group.

Duties will include –

- Welcoming members to the group and creating a friendly, inclusive space
- Helping to plan and deliver wellbeing activities and sessions, based on the group members' interests
- Identifying support needs of group members and signposting to relevant local services
- Providing emotional support to group members
- Helping group members to fill in simple forms, or make phone calls on their behalf, when needed
- Referring group members to the mental health coordinator for additional support if required
- Undertaking regular supervision and debrief meetings

The following skills/experience are required for this opportunity (please note if Essential or Desirable):

- Excellent listening skills (E)
- Non-judgemental and empathetic approach to issues concerning mental health and LGBTQ+ people (E)
- Reliable and punctual (E)
- Experience working in mental health or wellbeing settings (D)

- Ability to maintain professional boundaries (E)
- Commitment to principles of equality and diversity and willingness to undertake training around intersectional identities (E)
- Experience of supporting people in crisis or distress (D)

Time required for volunteering opportunity is –

The Drop-in runs from 2pm-4pm, every Thursday, either online or from our office in New Cross. We would expect volunteers to make a regular commitment to attend, either once a week, or once a fortnight. A one hour debrief will also take after the group sessions, making the total time commitment 3 hours.

The areas of interest and types of activity which best fit the voluntary opportunity on offer are:

x	Area of Interest	x	Type of Activity
	Animals		Administration
	Art and culture	x	Advice work
	Children		Architecture & building work
X	Disability		Art
	Disaster relief	X	Befriending
	Domestic Violence		Business & management
	Drugs & addiction		Campaigning & lobbying
	Education and literacy		Caring
	Elderly		Catering
	Employment	X	Community work
	Environment		Computers and technology
	Families		Counselling
X	Gay, Lesbian, Bisexual, Trans, Queer		Driving
	Health, hospitals, hospices		Entertainment
	Heritage		Finance work
	Homeless and housing		Fundraising
	Human and civil rights		Hostel work
	International aid		Languages
	Legal aid and justice		Legal work
X	Mental Health		Marketing PR & Media
	Mentoring		Music
	Museums		Retail & charity shops
	Music		Teaching and training
	Politics		Board of trustees/ management committee
	Prisoners & ex-offenders		Under 16 volunteering
X	Race, ethnicity and refugees		
	Religion		

	Sports & outdoor activities		
	Women's groups		
	Youth		

The volunteer recruitment and selection procedures are:

- Application form
- Interview
- References
- DBS check/Police disclosures
- Induction
- Trial period

The following conditions apply to this volunteering opportunity:

Details of out of pocket expenses paid for this volunteering opportunity	<i>Travel expenses paid for all volunteers</i>
Details of induction, supervision and support offered to volunteers	<i>Volunteer Advocates will receive a thorough induction as well as continued offer of training opportunities and will be supported throughout their work with regular line supervision.</i>
Details of what insurance is provided for volunteers, both on and off premises	<i>Volunteers are covered under our "Employers Liability Insurance" whilst representing The Metro Centre Ltd on or off the premises.</i>
Details about any training offered to volunteers, both informal and accredited	<i>As above</i>

Volunteers with additional support needs:

METRO is committed to equality of opportunity and diversity to those in the community with Additional Support Needs such as learning difficulties, mental health issues, physical disabilities and long term illnesses.

METRO understands that involving volunteers with Additional Support Needs is dependent on the level of support required and the organisation's ability to meet these needs.

For more information about the volunteer role, please contact the project lead-

Catriona.scott@metrocharity.org.uk