

Volunteer Role Description

Role: Community Supporting

Organisation: SLAM

Service

South Croydon Community Mental Health Team (CMHT) is a health and social care team that provides assessment and treatment services for adults aged 18 - 65 with mental health and social care needs, whose GP is located in the London Borough of Croydon. One in four people suffer from mental health problems, such as depression, anxiety or schizophrenia, at some stage in their life and are treated by their GP. Some people may also have more complicated problems and could be referred by their GP to us. Recovering from a mental health problem can mean that you need help with different parts of your life such as medication, relationships, housing or benefits. You may want to find something rewarding and useful to do during the day, or some special help to get back your self-confidence. We aim to help people who are experiencing mental health problems by offering treatment, support, practical help and advice in order to maximise their potential and to reduce the impact of their illness.

Description

We're looking for volunteers who want to support and adults with mental health issues who may also have a physical disability, to help to reduce social isolation and to increase people's confidence and self-esteem. The volunteer will be guided by staff to assist service users on their recovery journey.

When Required

Monday – Friday: 9am – 5pm

Areas of Interest

Health and Social Care; Mental Health; Support in the Community; Befriending

Type of Activity

Supporting with appointments, engaging with activities in the community, practical help and support.

Skills and Qualifications

Good Communication/ Listening Skills

Understanding of mental health issues / addictions / recovery

Manage own emotions and maintain firm boundaries

Empathy

Patience

To be able to support people who have physical disabilities

To be committed and reliable

Other Information

Age/gender restrictions: over 18

Equal Opportunities Policy: Yes

Expenses: Yes

Induction and Training: Yes

Insurance Cover: Yes

Supervision: Yes

Support: Yes

Recruitment Method

Application Form, Interview, DBS Check, Occupational Health Disclaimer form, References, Training, Trial period

Contact Information