

## Volunteer Positions Supporting Recovery in Mental Health

Family Action Lewisham Supported Housing is looking to recruit: **Volunteer Mental Health Assistants**

Lewisham Supported Housing runs 3 shared houses in the Forest Hill / Catford area, supporting up to 16 service users who experience Mental Health Issues at any one time. We have 5 permanent members of staff who work across the houses 9-5 Mon- Sun. The project is funded through the Prevention and Inclusion team to provide accommodation for up to 2 years in order to support service users with their recovery and move on.

The aim of the service is to empower service users and enable them to develop the confidence, knowledge and skills that will allow them to move into independent accommodation and maintain a successful tenancy. To do this we use a tool called the Recovery Star that assesses the skills of each service user across 10 areas. Every 3 months service users will pick 3 areas of their recovery star to work on and in conjunction with their key worker develop an action plan to increase their abilities in these areas. Service users will also attend workshops delivered by staff around recovery. Service users meet regularly with their key worker to assess progress against their action plan.

Service users are encouraged to take part in many aspects of the service including health and safety inspections, fire testing, staff meetings, service user forums, business planning and house meetings.

We are looking to recruit volunteers to assist key workers in providing service users with support to develop their potential.

### We can offer you:

- Experience within the Health and Social Care field for Adults
- An induction into Supported Housing
- Experience of assisting with case work
- Access to in - house training
- E – Learning in core Health and Social Care issues including Equality and Diversity, Safeguarding and Health and Safety
- Regular Supervision
- Awareness/Experience in Mental Health Issues
- Support to develop in house work shops
- Domestic Abuse Awareness
- Wellbeing Awareness

- Partnership working with statutory and other third sector agencies
- Team work
- Peer support/ Peer support groups
- Experience of supporting/facilitating service user involvement
- Experience of co – production
- Insight into the Quality Assessment Framework for Supported Housing
- Tenancy sustainment/resettlement

## Role Description

1. Support service users to build on their strengths and their living skills.
2. Support service users to carry out practical tasks of daily living including:-
  - Helping service users to engage in wider community activities including: vocational, educational, health, spiritual and social interests.
  - Accompanying service users to appointments
3. To abide by all health and safety procedures in place within the houses and bring any health and safety concerns to the attention of staff.
4. To maintain accurate, relevant records in accordance with Family Action policies and in accordance with Family Action Data Protection Policy.
5. To work in accordance with Family Action’s Equal Opportunities Policy in relation to tenants, staff, students and volunteers
6. To work in accordance with safeguarding policies and procedures alerting staff to any safeguarding concerns.

## You can offer us:

### Person Specification

1. Ability to commit to a minimum of one half day per week for 6 months.
2. Ability to work as part of team and also on a one to one basis with service users
3. Ability to empathize and empower service users

4. Ability to uphold Family Action values of respect, empathy, equality and self determination.
5. Ability to follow Family Action's confidentiality and data protection policy.
6. Ability to follow Family Action's safeguarding policy and procedure.
7. Ability to keep accurate records
8. Basic knowledge of computing
9. Willingness to undertake training and induction
10. Willingness to take part in regular supervision
11. Must be 18 years or over

### Other Information

- A DBS check will be required which will be paid for by Family Action.

This volunteering opportunity offers the chance for individuals to develop their knowledge and skills around social care and mental health and will be especially valuable for those wishing to pursue paid work in the social care/supported housing industry.