



About us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help

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Family Action

Lewisham Supported housing
Volunteer Mental Health
Assistants

Supporting Recovery in
Mental Health



Family Action Head Office

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Registered Charity no: 264713. Registered Company Limited by Guarantee in England and Wales: 01068186. Patron: Her Majesty the Queen.
Chair: Bryan Portman MBA FCCA FCIS. Chief Executive: David Holmes CBE

www.family-action.org.uk

The Volunteer Mental Health Assistant

Volunteer Mental Health Assistants volunteer for a minimum of half a day per week for a minimum of 6 months. They will provide assistance to adults experiencing mental health issues.

Lewisham Supported Housing offers a two year move on - accommodation based support service that supports adults to rebuild their lives and move on to independent living. LSH also offers 6 month resettlement support service.

Volunteer Mental Health Assistants will provide support with a variety of practical daily living skills, which will help service users to engage in wider community activities including, vocational, educational, health, spiritual and social interests

Volunteer Mental Health Assistants will assist and support the service user's journey towards recovery.

The Relationship

Volunteer Mental Health Assistants will support service users alongside Key Mental Health Workers. They will build a relationship with both the Keyworker and the service user which will support the service user to identify their own support needs and both achieve their desired outcomes and move towards recovery and independent living. The Volunteer Mental Health Assistant will also build a relationship with the team, supporting service users to be integral in service planning and delivery. Key to the relationship is ensuring the voice of the service user is both heard and incorporated into service development.

The Role

Volunteer Mental Health Assistant's will meet with the service user weekly and will support the service user with set tasks. This could include going out shopping with the service user to supporting the service user to access a college course

The Volunteer Mental Health Assistant will be given training and support in working with vulnerable adults.

Volunteer Mental Health Assistants will be able to join staff meetings and service development meetings.

Volunteer Mental Health Assistants will encourage/support the service user to attend activities that promote recovery

