

## Volunteering with the Gainsborough WellFamily project

Service: Gainsborough Well Family

Role title: Gainsborough WellFamily Champion

Location: Gainsborough

Time commitment: minimum 2 hours weekly

How you can help us:

The Gainsborough WellFamily Project support adults over 18 who are feeling stressed and anxious. We seek to empower people and communities to address their issues and challenges through practical and emotional support.

As a WellFamily Champion you will be engaging with adults over 18 in your own community, providing peer to peer support and promoting services to support their mental health and wellbeing. By connecting them with their community, supporting them to support themselves, WellFamily Champions will help communities thrive, breaking barriers and reducing isolation.

### Key activities

- Meet up with adults over 18+
- Build good knowledge of own community links and services
- Signpost to children's centres services and other local organisations providing supportive networks and services for adults and their families
- Work alongside service staff to do Group activities
- Encourage clients to build supportive networks and groups
- Provide information on the different types of support available
- Attend training and personal development activities
- Meet the team and share good practice including wider Family action volunteers and staff
- Feedback relevant information to promote service development

### Person Specification

- Have an awareness of Mental Health issues and barriers
- Ability to talk to others and understand their world
- Have a non-judgmental attitude
- Have an understanding of the difficulties they may face

- Want to make a real difference for others and achieve your own potential
- Have an understanding about confidentiality
- Have an awareness on the safeguarding of children and vulnerable adults
- Have knowledge of and commitment to equal opportunities, fairness and diversity
- Be able to keep basic records as requested by the service

#### What's in it for you?

- Develop skills
- Work as part of a team
- Have a positive impact on the development of the service and service users
- Experience working with a national charity who has been supporting families for over 150 years
- Be part of an innovative and emerging pilot project

#### Training and support you will receive

As a volunteer with Family Action, you will get:

- Access to our standard e-learning package, giving you a great basic introduction to topics such as Safeguarding and Equality and Diversity.
- Face-to-face training to ensure that you are fully equipped with the knowledge and skills needed for this role.
- Regular meetings with your supervisor to discuss any challenges you are facing, and celebrate your progress in the role.
- Ongoing support from your supervisor and the wider team.
- Full DBS check