

Volunteering Link

Volunteering Link, an Inclusive and Welcoming place for our volunteers, whilst Empowering them to be Ambitious through Adaptable and Collaborative approaches to volunteering. A vision where our borough is a place where every volunteer is valued, supported, and can thrive.

Mental Health Carer Group Support Volunteer

Volunteering role with	Carers First
Brief	To help provide empathetic, non-judgmental peer support to individuals attending the group, helping to foster a safe, inclusive, and supportive environment where participants feel heard, valued, and empowered.
Role description/responsibilities	• Welcome and engage with group participants in a warm and respectful manner. • Support in providing refreshments where appropriate. • Facilitate or co-facilitate group discussions, ensuring everyone has the opportunity to share. • Offer emotional support based on shared lived experience, without giving advice or counselling. • Help maintain a safe and confidential space for all attendees. • Signpost participants to relevant services or resources when appropriate. • Work collaboratively with other volunteers and staff to support the group's aims. • Attend training, supervision, and team meetings as required.
Boundaries	• Provide counselling, therapy, or expert advice (e.g. medical, legal, financial). • Take responsibility for participants' decisions or actions. • Handle safeguarding concerns alone; these must be reported to staff. • Share personal contact details or meet participants outside the group. • Replace professional services or intervene in crises.
Skills/qualities	• Lived experience relevant to the group's focus. (Mental health or caring for someone with mental health.

	• Good listening and communication skills. • Ability to maintain boundaries and confidentiality. • Empathy, patience, and a non-judgmental attitude. • Reliability and commitment to regular attendance. • Ability to work as part of a team.
Qualifications required	No formal qualifications are required.
Training to be provided	• Mandatory safeguarding and GDPR training provided via an online platform. • Induction and role-specific training. • Opportunities for personal development and further training.
Benefits gained from volunteer opportunity	• Make a meaningful difference in local people's lives. • Be part of a supportive community. • Develop new skills and gain experience in peer support. • Enhance your own wellbeing through connection and purpose.
Any other information	We have opportunities for volunteers to facilitate or support our online groups as well as our face-to-face community groups.

Hours/days	The second Monday of each month 2:30pm- 4:30pm
Length of duration/time commitment	We'd love our volunteers to stay with us for as long as they're able to, building relationships within the group really makes a difference. However, we completely understand that life can change and things can be unpredictable, so we'll always support you if your circumstances shift. Any time you can give is valued and appreciated!
Location	Central Resource Hub, 1 Russell Road, E10 7ES.
Expenses	Our volunteers will be reimbursed with travel and lunch expenses as per our Volunteer Policy.