



Volunteer

Peer Support Craft Group Support

Hull and East Yorkshire Mind are seeking a volunteer to support the leader of our new Peer Support Craft Group, aimed at enhancing the emotional resilience of people aged 16 and over through creativity. As a group support volunteer, you will play an important role in helping participants develop positive coping strategies, build social connections, and improve their mental wellbeing through engaging craft projects.

What will the role involve?

- Assisting with the setup of the space, preparing craft materials, and ensuring refreshments are available.
- Welcoming participants, offering one-on-one support when needed, and encouraging group interaction.
- Helping to create and maintain a supportive, inclusive environment where everyone feels safe.
- Upholding confidentiality and always respecting personal boundaries.
- Assisting with clean-up after the sessions to ensure the space is ready for the next use.
- Participating in any relevant training and activities to enhance your skills in supporting the group.

What skills and experience are we looking for?

- Excellent communication skills and the ability to engage with participants effectively.
- Experience working with people aged 16 or over (this is desirable but not essential).
- A proactive, motivated approach to supporting the group leader and participants.
- The ability to take initiative and adapt to different situations.
- Flexibility, resilience, and a commitment to reliability.

What will you gain from supporting this group?

- The opportunity to make a meaningful impact in the lives of individuals who may be struggling with their mental health.
- Experience working with a diverse group of individuals aged 16+.
- Enhanced understanding of mental health issues and their effect on the community.
- The chance to develop your organisational, teamwork, and communication skills.
- A supportive team environment with opportunities to meet new people.
- Full training and continuous support from our team to help you succeed in the role.

What happens next?



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