



Volunteer

Ways to Wellbeing Group Support - Bridlington

Hull and East Yorkshire Mind are looking for volunteers to support our Ways to Wellbeing groups, which help boost the emotional resilience of people aged 16 and over. The group runs for twelve weeks and helps participants build positive coping strategies, improve social connections, and enhance their mental health.

What does the role involve?

- Setting up the room, preparing teas and coffees.
- Welcoming participants, offering one-to-one support, or encouraging group interactions.
- Helping to support the group and reporting any issues to the staff member.
- Keeping everything confidential and maintaining professional boundaries.
- Submitting expenses, if relevant.
- Helping with clean-up after the session.
- Requesting supervision with the senior staff member when needed.
- Participating in training and other activities as required.

What skills and experience do I need?

- Good communication skills.
- Experience working with people aged 16 or over (desirable).
- Ability to motivate yourself and others in a group.
- Ability to use your initiative.
- Flexibility, resilience, and reliability.
- Means of travel (desired if not currently living in Bridlington)

What will I gain from volunteering in this role?

- Experience working with individuals aged 16+ who have poor mental health.
- The chance to make a positive difference in people's lives.
- A better understanding of mental health and its impact on society.
- Improved organisational and communication skills.
- The opportunity to be part of a team and meet new people.
- Full training, ongoing support, and supervision from our team.

What happens next?



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