

## Volunteer

### Step Down Supported Living Support

Are you passionate about supporting people as they transition out of hospital? Hull and East Yorkshire Mind is looking for volunteers to help at the **Step Down Project**, a service providing a safe and supportive space for adults (18+) in Hull who need extra support after leaving hospital.

The StepDown Project runs **two shifts every day: 10am–2pm and 2pm–6pm**. It offers a calm, welcoming environment where people can continue their recovery, develop self-care strategies, and regain their independence. By volunteering, you'll play a key role in preventing readmission to hospital and reducing the use of emergency services by providing meaningful support at a critical time.

#### What will you do as a volunteer?

- Help set up the space, prepare drinks, and create a welcoming atmosphere.
- Greet and support guests, offering a listening ear or encouraging gentle activities.
- Assist staff in running the shift and raise any concerns when needed.
- Maintain confidentiality and professional boundaries.
- Help with tidying up after the session.
- Take part in training to develop your skills.

#### What skills do you need?

- Strong communication and listening skills.
- The ability to work independently and as part of a team.
- Resilience, reliability, and flexibility.
- A calm and supportive approach in emotional situations.

#### What will you gain?

- Experience supporting adults transitioning out of hospital.
- A deeper understanding of mental health and recovery.
- Improved communication, teamwork, and organisational skills.
- The chance to be part of a dedicated, supportive team.
- Full training, ongoing support, and regular supervisions.

#### What happens next?



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