



Supporting wellbeing and recovery from mental ill-health

Volunteer Counsellor – role description

The Centre for Better Health, formed at the time of the 1959 Mental Health Act, has pioneered a comprehensive range of rehabilitation and after-care projects for people with enduring mental health problems. Current projects include a Groupwork Centre, a Social Enterprise, Residential Care accommodation and a low cost Counselling service.

The Centre for Better Health works to support individuals on their personal recovery journey in the following ways

- ⊗ Supporting members to develop new skills, build their confidence, self-belief and ambition
 - Through the Social Enterprise and Groupwork
- ⊗ Facilitating personal adaptation and making meaning of their experiences
 - Through the Counselling Service
- ⊗ Promoting access and inclusion to the services, roles and relationships important in recovery
 - Through the Social Inclusion fund, outings, social events and volunteering opportunities

The aim of the Counselling Service is to enable participants to recognise their uniqueness by gaining a deeper insight into themselves and to gain a heightened sense of self-awareness and empowerment. The orientation of the service is Integrative.

The service we offer is £5 per session for clients who are unemployed or on benefits; there is a charge of £20 per session for those in full time employment.

We ask for a minimum of one year commitment to the counselling service.

Counselling sessions are held at The Groupwork Centre, Darnley Road in Hackney, London, from 9am into the evening, Monday to Friday. Generally, a counsellor will be allocated a four hour block of sessions on a specific day.

The sources of referral are: GPs, Social Services, Voluntary Organisations, Hospitals, Housing Associations and Self Referrals.

We require our volunteer counsellors to have their own indemnity insurance and a current DBS carried out by CBH. CBH adheres to the DBS Code of Practice, a copy of which is available upon request.

Volunteer counsellors will also receive a minimum of 2 hours supervision per month (by BACP guidelines). Additionally, CBH requires that a counsellor also obtain external supervision.

Counsellors not yet qualified will need to be on a recognised Diploma Counselling Course.

For further details contact Administration on admin@centreforbetterhealth.org.uk