



## **Volunteer Groupworkers – role description**

The Centre for Better Health (formerly the Psychiatric Rehabilitation Association), 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.

Those attending the centres have a history of chronic schizophrenia or depressive illness. Hospitals, Social Services and GPs refer patients and ex-patients whom they consider would benefit from this support. There is also a substantial element of self-referral.

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

We are currently recruiting Volunteer Groupworkers to volunteer at the Groupwork Centre and the Social Enterprise, which are open Monday to Friday, 9am to 4pm. Volunteers would work with staff to plan and deliver Groupwork programmes. The nature of the programmes varies depending on the volunteers own interests and areas of expertise, but could include, though is not limited to, ceramics, creative writing, Yoga, and arts programmes. Volunteers for practical programmes such as looking at specific living skills, budgeting and running IT classes are also always welcome.

There are no specific qualifications required to be a volunteer; although you should be a caring person with common sense, enthusiasm and the ability to share either creative ideas or skills. In-house theoretical training will be provided in addition to the practical aspect of volunteering. Volunteer work is supervised by the relevant project manager.

Availability of volunteers will vary but we ask for a minimum commitment of running at least a session a week for a period of six months in this role.

We require volunteers to provide two references and a CRB Disclosure Certificate issued within the last three years is required before they can commence in the role.

This is an unpaid voluntary role and regrettably, we are unable to refund expenses. However, we offer the opportunity to gain experience working directly with people experiencing and recovering from mental health problems.

For further details please contact, Lotte Friedrich, Services Coordinator,  
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