Supporting wellbeing and recovery from mental ill-health

Volunteer Counsellor – role description

The Centre for Better Health aims to support wellbeing and recovery from mental ill-health. Formed at the time of the 1959 Mental Health Act, the organisation has pioneered a comprehensive range of rehabilitation and after-care projects for people with enduring mental health problems for over fifty years. Current services include a Community Hub, a Social Enterprise and a low cost Counselling service.

Whether it's due to a life event such as bereavement, living with depression or more acute needs such as schizophrenia, mental health affects us all to varying degrees. At Centre for Better Health we work with an inclusive ethos. Our services are open to anyone looking to support their wellbeing and or recovery from mental ill-health. We believe that engaging in services with others is a vital part of wellbeing and creates the basis for personal development.

Our services aim to:

- To build skills, confidence, and improve wellbeing
- To encourage social engagement and participation
- To make meaning of experiences, facilitate growth and progress towards goals

The Counselling Service aims 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 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