



Befriending group Mentor at StartaFresh Volunteer Role Description

StartaFresh is one aspect of the range of support services Christ Church provides to local and vulnerable people within the community.

Our 'Open door' policy welcomes and encourages individuals to explore a variety of options available. Individuals will receive help to identify and access the appropriate 'StartaFresh' service. For those ready to embrace a challenge and 'move on' it will be appropriate to offer a one to one mentoring service. For others encouraging them to come along to the 'Befriending group' which meets three times a week will raise their level of self worth and provide them with a sense of belonging. The Befriending group focuses on providing social interaction and developmental opportunities.

The Mentoring, Befriending service and Information service (Community Corner Plus) rely on the commitment of volunteers; we encourage individuals to 'get involved' there are many benefits from volunteering and becoming a part of a positive and forward thinking team!

Volunteer Group Mentor (within the Befriending group) Role description:

Your volunteer role will take place within a group setting; you will have on hand the support of the project co-ordinator or a member of staff from Christ Church/St Georges Church. Group mentors support members of the Befriending group by acting as a 'sounding board' for their concerns and issues. You may be required to provide members with help to overcome barriers by suggesting appropriate opportunities/activities or by steering their aims in achievable directions.

Volunteer group mentors come from a vast array of backgrounds and bring with them extremely diverse life experiences and expertise. By offering support and encouragement to members, they can begin to imagine their lives in new ways.

Being a group mentor is both rewarding and challenging. Mentors enable members to find purpose and reclaim their self-esteem. The genuine interest and enthusiasm of the group mentor will lead to positive improvements in member's lives.

Volunteers will be equipped, following their training, to walk alongside members who may disclose a wide range of issues such as problems with managing money, housing, addictions, confidence, communication skills and low skill base. Mentors should be mindful not to provide advice but where appropriate sign post individuals for professional help.

You will be responsible for supervising the Befriending group volunteer assistant, ensuring they carry out their duties as per their role listed below and provide a helping hand when required;

Befriending group assistant Volunteer Role description:

Befriending group assistants play a vital role in helping to make group members feel welcome and at ease.

Duties to include:

- Helping to create a safe and inviting environment that is inclusive to all
- Preparing the room in advance
- Making and serving drinks and refreshments
- Obtaining petty cash from the office, purchasing refreshments and providing a receipt
- Taking an active part in organizing group social activities and events
- Ensuring the room is left clean and tidy
- Compliance with the Befriending group 'Code of Practice'

How often will I be required to volunteer?

The Befriending group meets three times a week, Monday, Thursday and Friday. Sessions are from 1.00 – 3.00. Group mentors are required to stay for the whole session they have elected to volunteer at, and allow time for setting up and clearing away at the end.

Requirements of Group Mentor:

Group mentors will be selected in accordance with set criteria and will be assessed before and after training

- To be non-judgmental, non-discriminatory and demonstrate respect for other people's point of view with a sensitivity towards people from different educational, social, economic, cultural, ethnic or religious backgrounds
- To be willing to provide support to members and where appropriate sign post the individual for professional advice
- To be able to attend a minimum of one group session per week
- To be able to establish a mentoring role based on confidentiality and trust, adhering to the organizational policies and mission of Christ Church
- An awareness and understanding of the reasons for social exclusion.
- Experience of working with vulnerable adults, ideally in an education or health setting.
- Knowledge of the Stamford area, along with the facilities, support agencies and services available
- Interpersonal skills and the ability to enthuse others.
- Be responsible for completing the 'Incident log'

- Have an understanding of the role of the 'mentor' and the boundaries within that role
- Compliance with the requirements of the Church of England 'Promoting a safe church' publication
- Be willing to work towards achieving a Level 3 Accreditation in Mentoring (or take part in equivalent mentoring training)
- An informal discussion, followed by an interview, submission of a completed application form, CRB check and two references will be required by all applicants

Confidentiality

The group mentors volunteer commitment will be an essential part of their role. Members rely on continuity and the commitment and encouragement of those leading the group to help them succeed in their journey.

All information disclosed by members during sessions must remain confidential. Maintaining this confidentiality is absolutely crucial to the establishment of a productive mentoring relationship which is based on trust. A full definition of the confidentiality agreement will be part of the mentor training.

Training:

Volunteers are provided with an initial free 'mentoring' training programme enabling them to further develop their skills.

Support:

All volunteers have the benefit of ongoing support from the 'StartaFresh' co-ordinator who will function as their 'line manager' and with whom they will have regular 1:1 meetings and may speak to for advice and guidance as required.

Volunteer team meetings are held every four months; it is hoped that volunteers will make every effort to attend these meetings.

If for any reason you are unable to contact your co-ordinator, you are free to contact Mike Mills Operations manager on 07523312387

Expenses:

By prior agreement, all out-of-pocket expenses are reimbursed.

N.B Applications from individuals who have previous criminal convictions are welcome but due to the nature of the work, two years must have elapsed since the completion of any sentence. We cannot accept applications from any individual who has at any time been convicted of a Schedule 1 offence