

## **Volunteer Role Specification**

**Role Title:** Support Group Assistant – Eating Recovery

**Department:** Community Services

**Date:** January 2024

### **Role Summary:**

This role involves helping to support staff who run support groups for people living with an eating disorder. Face-to-face groups run during the day and evening in Ipswich and Bury St Edmunds.

There will be different groups to cover different eating challenges, such as for Anorexia, Bulimia (food restriction, food aversion), and Binge Eating Disorders (food addiction, compulsive eating).

These groups will help to reduce isolation for participants, and help people gain support from others who are experiencing similar challenges. The group provides a safe, non-judgemental environment which focuses on different topics.

### **Main Duties and Responsibilities:**

- Be able and confident to listen and talk to participants, building rapport and helping them feel comfortable and valuable member of the group
- Attend training to improve your own tools and skills required to communicate and support people
- Be confident to bring any areas of concern to the attention of staff
- Be willing to provide feedback at the end of each session

Full training and support is provided.

**Days/hours for role:** 3 hours a week

**Length of Role:** Minimum 6 month commitment

**Location:** Ipswich - Tuesday 12:45-3:15pm or Wednesday evening 5:45-8:15pm  
Bury St Edmunds – Wednesday 10:45-1:15pm

**DBS Check Applicable:** YES - Enhanced

Attributes	Essential Criteria	Desirable Criteria
<b>Skills &amp; Abilities</b>	<ul style="list-style-type: none"> <li>• Enjoys talking &amp; listening to different people</li> <li>• Awareness of boundaries &amp; confidentiality</li> <li>• Comfortable in groups</li> </ul>	
<b>Knowledge and Experience</b>	<ul style="list-style-type: none"> <li>• Understanding and interest in health and wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• An understanding of eating disorders</li> </ul>
<b>Attitudes and Values</b>	<ul style="list-style-type: none"> <li>• Non-judgmental – commitment to equality</li> <li>• Compassionate</li> <li>• Friendly can-do attitude</li> <li>• Reliable with commitment to role</li> <li>• Happy to help as part of a team</li> </ul>	

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