

## Volunteer Role Specification

<b>Role Title:</b>	The Mental Health Kitbag - Schools Volunteer -KS3/KS4/Young People
<b>Department:</b>	Children, Families and Young People
<b>Date:</b>	April 2024
<b>Role Summary:</b>	In this role you will be responsible for assisting our Children's and Young Person's Facilitator with the delivery of our Mental Health Kitbag programme to young people in Suffolk.

### Main Duties and Responsibilities:

- Attend schools and other education settings with the facilitator, to help set up, support and pack down workshops.
- Be confident working with small groups of young people (clear instructions and guidance will be given)
- Reflect and report back to trainer at the end of the sessions – feedback on session, safeguarding concerns etc.
- *Optional - Attend Information Events, (e.g schools conferences, wellbeing fairs, careers events.)*

### What we offer:

- Opportunity to attend the Your Needs Met sessions delivered in the schools, enabling you to develop your understanding of the Mental Health Continuum and the Emotional Needs and Resources model of mental health.
- The opportunity to be part of pioneering work supporting young people's mental health.
- Training for the role and ongoing support
- A role that enables you to get many needs met, especially meaning & purpose and achievement.
- Be part of a valued team of volunteers.

### We need volunteers who:

- wants a committed but flexible volunteering role.
- wants meaning & purpose in their life, both from the impact of the work and by feeling valued for their contributions to the project
- values the benefits of educating young people in mental health and wellbeing.
- can travel to schools in Suffolk.

**Days/hours for role:** Term Time – various days/hours

**Location:** Secondary Schools and other education settings across Suffolk

**DBS Check Applicable:** YES - Enhanced

<i>Attributes</i>	<i>Essential Criteria</i>	<i>Desirable Criteria</i>
<i>Skills and Abilities</i>	<ul style="list-style-type: none"> <li>• Good organisation and time keeping skills.</li> <li>• Confident with young people.</li> <li>• Able to build rapport.</li> <li>• Able to travel to different locations.</li> <li>• Good communication skills – able to relate and support learning.</li> <li>• Approachability</li> <li>• Flexible and able to think on your feet.</li> </ul>	
<i>Knowledge and Experience</i>	<ul style="list-style-type: none"> <li>• Knowledge and understanding of appropriate language for use with young people.</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of mental health and wellbeing</li> <li>• Good understanding of how questioning can support learning.</li> <li>• Experience of working within education settings.</li> </ul>
<i>Attitudes and Values</i>	<ul style="list-style-type: none"> <li>• Reliable</li> <li>• Willingness to help others.</li> <li>• Non-judgemental attitude</li> <li>• Chooses to use language to promote equality and inclusivity.</li> <li>• Calm and Kind</li> </ul>	

**Enquiries to:** [info@suffolkmind.org.uk](mailto:info@suffolkmind.org.uk) or 0300 111 6000