



## WELLBEING ADVOCATE **VOLUNTEER** OPPORTUNITY

Support for all at the heart of their community



- Do you have a passion for mental health and wellbeing?
- Do you love organising activities and getting people together?
- Would you like to make a difference to people's lives in your community?
- Could you spare a few hours a week to volunteer as part of a team to launch and run our new Community Wellbeing Service?



### About the Community Wellbeing Service

Burnhope Community Centre have proudly won funding from the NHS Health Improvement Fund to develop and deliver a Community Wellbeing Service. The service aims to tackle stigma that prevents people from accessing support, raise awareness about mental health and wellbeing topics to empower people to improve their health and wellbeing and raise their levels of individual thriving. A drop-in service will also provide listening and signposting and a safe space for anyone who is in crisis.

We are currently recruiting 9 volunteer Community Wellbeing Advocates who will form a highly engaging team lead by the Wellbeing Advocate Lead.

STILL INTERESTED?

### Community Wellbeing Advocate Engagement Event

We are holding a volunteer engagement event for those who are interested in finding out more about becoming a Community Wellbeing Advocate.

CHECK OUT THE NEXT PAGE FOR DETAILS, WE HOPE YOU CAN JOIN US!



### Community Wellbeing Advocate Engagement Event

- **What:** Volunteer Engagement Event for anyone interested in finding out more about the opportunity and the Community Wellbeing Service
  - **When:** Wednesday 30 November 2022
    - **Time:** 6 – 7pm
  - **Place:** Burnhope Community Centre, Langley Avenue, Burnhope, Durham, DH7 0AG
    - **Who:** Local people over 18, from Burnhope and surrounding areas

If you are **unable to attend** the Volunteer Engagement Event please **contact Emily Francis** at Burnhope Community Centre to arrange an informal chat [emilyfrancis@burnhopecommunitycentre.co.uk](mailto:emilyfrancis@burnhopecommunitycentre.co.uk)

**ROLE DESCRIPTION AND TRAINING AVAILABLE ON THE NEXT PAGE!**

## Volunteer Community Wellbeing Advocate Role Description

**Role:** Volunteer Community Wellbeing Advocate

**Supervisor:** Community Wellbeing Advocate Lead

**Time Commitment:** 2-3 hours per week once compulsory training has been complete

The **LEVEL 3, MENTAL HEALTH ADVOCATE TRAINING** will be delivered at Burnhope Community Centre in January 2023 for successful volunteers (volunteers must be able to attend both dates)

- Wednesday 11 January 2023 – 9 – 5pm
- Thursday 12 January 2023 – 9 – 5pm

### Volunteering role purpose:

The purpose of the volunteer Community Wellbeing Advocate role is to take action in the community to raise awareness of mental health and wellbeing problems, tackle stigma and discrimination around mental health and wellbeing. You will also engage the local community in wellbeing activities and provide a listening and signposting service to community members who are in need of support.

### Typical activities

- Be active as part of a team to develop, promote and deliver wellbeing campaigns and activities to the community around mental health and wellbeing awareness days
- Plan and deliver activities to reduce stigma and discrimination
- Attend training to develop relevant knowledge and skills (See training dates for Mental Health Advocate Training to be provided)
- Support the running of the Community Wellbeing Service
- If you're comfortable to, share own personal experience of mental health and wellbeing problems experienced to community members, in a planned and safe way to inspire hope for recovery
- Be a positive role model in the community for improving mental health and wellbeing
- Monitor on a regular basis own mental health and take action to maintain and support own mental health.
- Complete and review on a regular basis a staying well in a volunteering role plan so we can support you too
- Attend regular team meetings with other members of the Community Wellbeing Service
- Follow and adhere to Burnhope Community Centre's policies and procedures
- Collect and report on data relating to activities, campaigns and one to one interaction with community members using specified tools provided

We welcome anyone, no matter of your race, sex, gender, age or disability. We recognise that our community is not all the same, and neither are we.

Charitable Incorporated Organisation Registration No: 1162463

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