

**Thank you for your interest in becoming a Recovery Session Volunteer!**

Here is a little more information to give you a clear understanding of the role:

### **What is a Recovery Session Volunteer?**

As a Recovery Session Volunteer, you will play an essential role in the daily lives of the people staying with us. Our residential service, Omnia, supports people who have recently experienced disruptive episodes of mental distress, working with them on their journey towards recovery. People typically come to stay with us straight from hospital, and we support them to build lives that are meaningful to them, irrespective of whether 'symptoms' still persist.

You will be an extra listening ear, pair of hands, and curious mind to support people to build connections and participate in a fulfilling life, laying the foundations for recovery. You will help to deliver the psycho-educational programme we run, which helps put people staying with us in a position to make informed choices about their own support.

There is some flexibility in this role, however we ask you to commit to certain days to volunteer with us as this will need to mirror our programme sessions. You can obviously decide how frequently you volunteer. Our Recovery Coaches and Peer Support Workers will work closely with you to ensure everyone feels safe, supported and understands how this important work contributes to recovery. They will always be around to help to plan, review and reflect on how everything's going. You will have a named staff member on hand to support you whenever you are volunteering with us.

### **Who makes an ideal Recovery Sessions Volunteer?**

We are looking for people who are passionate about making a meaningful impact in the lives of people experiencing poor mental health, and are keen to learn – or already have an understanding – of what fostering recovery involves. We welcome applications from people from all walks of life, provided you are:

- Passionate about supporting people to recover from experiences of poor mental health
- Keen to learn about recovery
- Respectful, compassionate and empathetic
- Confident in engaging with a great variety of people
- Able to travel independently

For example, we'd be very interested in hearing from you if you:

- Have personal experience of recovery that you want to use for the benefit of others and are able to demonstrate personal resilience that enables you to support others
- Are studying a relevant subject and want experience working with people

- Want to gain direct experience of working with people recovering from poor mental health
- Are looking for a fulfilling and rewarding opportunity to share your skills.

This is not an exhaustive list, however: if you feel you have the enthusiasm, commitment and resilience to contribute to our team, please get in touch.

### Training and Support

This is an opportunity to learn, develop and put into practice skills that are essential for supporting people through the process of recovery from poor mental health. We are leading the way in embedding a truly recovery-focussed approach into our services, and our volunteers will be valued members of the team making this happen. For this reason, we invest in our volunteers. As a volunteer with us, you will receive market-leading training in the following areas:

- Introduction to Omnia including training in Recovery Practice, recovery-focussed support and safety planning; and coaching skills
- Trauma-informed Practice – Understanding the nature and impacts of traumas, and how to create trauma-informed environments
- Mental Health First Aid - Internationally recognised course to prepare you to know what you can do in crisis and where to turn next
- Full induction to the organisation – Including certificated training in professional boundaries, safety at work, safeguarding and equality and diversity, so that you feel confident in your role and the level of responsibility it holds.
- Regular Supervisions including Wellness Action planning

This opportunity would be ideal for anyone interested in supporting people in recovery. You will gain invaluable experience in creating relationships essential to this work, and capturing recovery journeys. We would also love you to be involved in helping to develop the service and the opportunities it offers further.

Download the criteria list for a comprehensive look at the role and how to apply.  
We hope this feels like an exciting and interesting opportunity to you.