

Thank you:

For your interest in becoming an Omnia Social Inclusion Volunteer!

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

What is a Social Inclusion Volunteer?

As a Social Inclusion Volunteer, you will play an essential role in the lives of the people staying with us. Omnia, our residential service, 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 partnered with someone who is staying with us. You will get to know them, building connections that rely on respect and trust, nurturing the foundations of recovery. You will spend time learning about their likes and dislikes, encouraging them to try new things or maybe to take up old hobbies and interests. You may for example, be the person who accompanies someone to the cinema for the first time in years, or to a music gig or a trip to the seaside. You may support them to go shopping, helping them to stick to a list and understand their budget. You will be approachable and friendly, open and honest with a genuine interest in helping others and with a non-judgemental attitude.

Although you can decide when and how frequently you volunteer with us, due to the nature of this role, it is expected that it will be most suitable for someone who can provide a regular commitment and who could be available in the evenings or at weekends. 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 be around to help to plan, review and reflect on how everything's going.

Who makes an ideal Recovery Befriender Volunteer?

Someone who enjoys listening, who is trustworthy, not judgemental and who understands the importance of confidentiality. We are looking for people who are passionate about making a meaningful impact in the lives of people experiencing poor mental health.

- Able to create connections with people
- Confident and calm in difficult situations
- Compassionate, treating others with respect and empathy
- Able to travel independently
- Have some knowledge of the local area (Norwich/Norfolk)
- Above all, Social Inclusion volunteers need to be confident in their ability to manage their own wellbeing in order to support others to improve theirs

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 and as a volunteer with us, you will receive training in the following areas:

- Induction to the organisation, including certificated training in Safeguarding, Safety at Work, Professional Boundaries and Equality and Diversity so that you feel confident in your role
- Introduction to Omnia including training in Recovery Practice, recovery focussed support and safety planning, and coaching skills.
- Regular Supervision including a Wellness Action Plan – what keeps you well and how to put actions in place to maintain this
- Mental Health First Aid - Internationally recognised course to prepare you to know what you can do in crisis and where to turn next

This opportunity will suit those who have an interest in people. Someone who enjoys listening, who is trustworthy, not judgemental and who understands the importance of confidentiality. Above all, Social Inclusion Volunteers must be confident in their ability to manage their own wellbeing.

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.