Children and Young People (CYP) Connected Minds Volunteer

Role Description

Job Title:  Children and Young People (CYP) Connected Minds Volunteer

Responsible to: Waiting Well Project Manager

Relating to: Services

Time commitments: A minimum of 3 hours per week during term time

Based at: Primarily Wareham and Wimborne extending to other locations in Dorset

Conditions: Enhanced DBS check required for this role.

A full driving licence and use of a car maybe required

Context

Connected Minds is an eight week early intervention programme for 10–13-year olds (year 6-8) experiencing mild to moderate anxiety and emotional problems and low attendance at school.

We empower young people to look after their own mental health and wellbeing by giving them the information and tools required to do so. We encourage young people to explore their reasons for not wanting to attend school and develop a toolkit to address these issues going forward.

We are looking for someone who is experienced in working with young people and is passionate about mental health and wellbeing. The role is community based across various locations in Dorset and will involve supporting the CYP Connected Minds Practitioner with the facilitation of group sessions for up to 12 young people.

The Connected Minds programme is funded by our Waiting Well project which aims to help young people improve their school attendance whilst maintaining their mental health and wellbeing.

Main scope of the role

To champion Dorset Mind’s vision and mission through supporting the Children and Young People’s (CYP) Connected Minds Practitioner in the facilitation of interactive and inclusive face-to-face psychoeducational and activity led groups. Aimed at nurturing the mental health and wellbeing of young people aged 10-13.

Key Responsibilities

To create the **Vision** of Dorset Mind:

* A community where living with and talking about Mental Health becomes acceptable for everyone.

Through the delivery of our **Purpose** we:

* Connect minds: We bring people together to make change in their communities.
* Change minds: We speak out and demand better from policymakers and the public.
* Support minds: We deliver life-changing support.

To **support** the CYP Connected Mind Practitioner:

* in developing and maintaining positive relationships with school staff, pastoral staff and parents to promote the service and to encourage referrals.
* to establish good working relationships with venues used to deliver the programme including carrying out risk assessments, safety checks and setting up a comfortable environment for the young people.
* in the delivery of the Connected Minds programme in up to four locations across Dorset.
* with the facilitation of the sessions and evolve delivery in response to the needs of the young people.
* to identify and assess needs of the young people and offer emotional support and/or signpost as appropriate.
* to report any issues, feedback, or complaints to the Line Manager in a timely manner.
* to handle any safeguarding concerns in accordance with Dorset Mind and school safeguarding policies and procedures.
* to ensure the service remains compliant with statutory, legal, and best practice obligations and Dorset Mind policies.

**General Duties**

* Undergo and actively participate in training relevant to the role internally or externally.
* Participate in relevant activities that Dorset Mind are involved with (e.g. away days, whole charity meetings, promotional events) where appropriate.
* Ensure that duties are carried out in accordance with statutory, legal, and best practice obligations and Dorset Mind policies and procedures.
* Attend and participate in support sessions and team meetings
* Travel around Dorset as necessary.
* Undertake other duties as may be required from time to time commensurate with the level and nature of the post.

Person Specification

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| QUALIFICATIONS | |
| Relevant qualification for the role equivalent to (but not specifically) NVQ Level 3 in Health & Social Care. | Desirable |
| Additional coaching or therapeutic qualification. | Desirable |
| KNOWLEDGE | |
| Familiar with the visions and mission of Dorset Mind and the Mind network | Essential |
| Familiar with the role of the voluntary sector | Desirable |
| Knowledge of mental health conditions, appropriate evidenced treatment models, coping skills, psychoeducation, self-management tools and therapeutic approaches | Desirable |
| Knowledge and understanding of the stigma associated with mental health and wellbeing challenges | Desirable |
| An understanding on how to promote and maintain good mental health including, learning new skills and regular social contact | Essential |
| Knowledge and understanding of neurodiversity in young people | Desirable |
| Knowledge of Children and Young People Safeguarding Procedures | Desirable |
| SKILLS & ABILITIES | |
| Self-motivated and able to work on own initiative | Essential |
| Group facilitation skills when working with young people | Desirable |
| Competent IT skills including MS Office 365 and video conferencing software such as MS Teams or Zoom | Desirable |
| Good interpersonal skills and being able to actively listen, empathise, negotiate, be assertive and mediate when necessary | Essential |
| Ability to always remain professional and work within set boundaries | Essential |
| Ability to work efficiently as part of a team or on one’s own | Essential |
| Ability to work flexibly to meet the demands of the service, both in terms of hours and role | Essential |
| EXPERIENCE | |
| Experience working in a similar setting including a school environment | Desirable |
| Experience of working with young people (aged 10-13) with mental health difficulties | Desirable |
| Experience of working with young people with SEND. | Desirable |
| Professional or lived experience of mental health and wellbeing challenges | Desirable |
| VALUES | |
| Honest | Essential |
| Open | Essential |
| Passionate | Essential |
| Experienced | Essential |
| OTHER | |
| A willingness to support Dorset Mind events, including some evenings and weekends | Desirable |