



Space to Breathe

Group enabler

Aim:

We'd like to recruit 2 volunteers to help with our daytime wellbeing groups. We'd provide you with some training and then you'd work with members of our team to help make groups happen. You'd also help evaluate the activities to make them better.

Approach:

You won't be asked to do any clinical work. We will ensure your interactions with the person you help are supported, safe and sustainable for you. We will also be there giving you ongoing support and help.

Tasks

- + Joining in with group work
- + Helping to deliver some of the activities
- + Chatting to people attending
- + Helping with set up and pack down
- + Helping with hospitality
- + Reviewing and helping us make the activities better in the future.

In relating to others, you'd be the kind of person that someone else can reach out to in a crisis, to be someone to build friendship with and to help people across the city to break down the stigma and prejudice around mental health. Not a doctor or someone official, just a friend. We know you know that ultimately we are human beings, meeting with and talking to other human beings. That is the heart of this role.

A handwritten signature in black ink, appearing to read "Andy Freeman". The signature is fluid and cursive, with the first name "Andy" and the last name "Freeman" clearly distinguishable.

Andy Freeman

Director, Space to Breathe