Thank you for your interest in becoming an Anchor Volunteer!

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

**Anchor**provides a support network for anyone over the age of 18 who has been bereaved through suicide. The group supports people speaking about their reactions, feelings and emotions, helping them to make sense of what has happened and gives them the opportunity to meet others who are experiencing similar experiences.

What does an Anchor Volunteer do?

Anchor Volunteers provide support to the Team Leader in the setup and delivery of regular weekly groups which continue over a 6 week program. The role will involve engaging with people who may be deeply upset, to offer them a safe place to speak out and acknowledge feelings that they may otherwise not feel able to express. Anchor volunteers will respect confidentiality at all times.

Who makes an ideal Anchor volunteer?

We are looking for someone who is committed and reliable. Someone who has the ability to connect and empathise with people who are going through difficult situations. An ideal Anchor Volunteer is confident in their ability to manage their own wellbeing in order to provide support to others.

**NB: Please see the criteria listing for days and times of the groups which have available opportunities**

Training and Support

* Organisational Induction
* General Volunteer training
* Service Induction
* Suicide Awareness training
* Named contact for day to day support
* Regular scheduled catch ups and de-briefing on request
* Wellness Action Plan to support your wellbeing if required

Download the criteria list for a comprehensive look at the role

We hope this feels like an exciting and interesting opportunity to you