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| Required skills and experience needed to be an Anchor (Suicide Bereavement) Volunteer |
| Areas | What you will need to be able to do |
| Knowledge & Experience | * Have a good understanding of mental health and wellbeing
* Have an awareness and understanding about the organisation and what services it can offer (training provided)
* Have an understanding and awareness or personal experience of suicide bereavement
* Have an understanding and awareness of how to support someone in distress
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| Skills | * Ability to create connections with people and groups
* Ability to listen and empathise
* Ability to assist the facilitation of groups
* Ability and commitment to keeping information confidential
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| Personal Attributes | * To be reliable, punctual and flexible
* To be organised
* To be open to on-going learning
* To let us know if the role is becoming too demanding
* To connect with a wide range of people who may have differing opinions to your own
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| Additional Requirements | * Able to travel
* Able to use email and phone
* Willingness to have a DBS check
* Availability varies depending on location – see details below
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| Training & Support Offered |
|  | * Suicide Awareness training
* Volunteer general training
* Organisational Induction
* Service Induction
* Ongoing 1:1 support
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| Role Requirements |
|   | * Support the Team lead in running regular group meetings
* Ability to travel independently
* Listen and empathise
* Inclusive, encouraging participation
* Non-judgemental and able to maintain confidentiality

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| Opportunities are available at the following locations, dates and times. Each Group runs once a week for 8 weeks. Ideally you will have availability to match  |
| Cringleford - Tuesdays 5.30pm – 7.30pm - Weekly: 6th Oct – 24th Nov Sheringham – Tuesdays 10.30am – 12.30pm - Weekly: 6th Oct – 24th Nov Kings Lynn – Thursdays 6.30pm – 8.30pm - Weekly: 8th Oct – 26th Nov Gt Yarmouth – Wednesdays 10.30am – 12.30pm - Weekly: 7th Nov – 25th Nov  |
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