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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 |
| 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 |
| 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 |
| 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 |
| Training & Support Offered | |
|  | * Suicide Awareness training * Volunteer general training * Organisational Induction * Service Induction * Ongoing 1:1 support |
| 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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