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| Required skills and experience needed to be a REST Norwich Social Inclusion Volunteer  |
| Areas | What you will need to be able to do |
| Knowledge & Experience (or willingness to learn) | * Have an understanding that people can recover in different ways.
* Have an understanding of, and commitment to equal opportunities, diversity and people’s rights
* Previous experience of supporting others, particularly in relation to their mental health would be helpful
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| Skills | * Ability to create connections with people
* Ability to listen attentively and encourage engagement
* Ability to feedback information accurately
* Ability and commitment to keeping information confidential
* Confidence to work independently in the community
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| Personal Attributes | * To be reliable, punctual and flexible
* To be confident dealing with a variety of emotions in others
* To connect with a wide range of people who may have differing opinions and experiences to your own
* To be non-judgemental and have a genuine interest in helping others.
* Personal resilience that helps you to look after your own physical and mental wellbeing
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| Additional Requirements | * Ability to travel independently
* Ability to use email and phone
* A DBS check will be required
* Ability to make a regular commitment

Hours of operation at REST will vary but core times are Monday – Friday between 12pm and 6pm. It will be helpful if you can state your availability when you apply.  |
| Training & Support Offered |
|  | * Organisational Induction with Volunteer Manager
* Introduction to REST including training in Recovery Practice, recovery focussed support and safety planning and coaching skills.
* MHFA
* Moving and Lifting
* Safety at Work
* Professional Boundaries
* Safeguarding Adults
* Prevent
* Named contact
* Regular catch-ups
* De-brief sessions as needed
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