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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 |
| 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 |
| 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 |
| 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 |