

**Required skills and experience needed to be a
ACS Volunteer**

	<p>These are the things that we think will make you a good match for this role</p>
<p>Knowledge & Experience</p>	<ul style="list-style-type: none"> • You will be good at talking to people and adapting your approach to suit the situation • You will be able to listen carefully and confirm you have understood • You will understand the difference between being friendly and becoming a friend • You will be respectful of others and able to maintain confidentiality • An awareness and understanding of mental health issues would be an advantage • Previous experience in a role where you had to interact with the public (events, libraries, receptions) would be helpful <p>We welcome applications from people who have personal experience of mental health issues and who are in a place of recovery and feel ready to provide support to others.</p>
<p>Skills</p>	<ul style="list-style-type: none"> • Able to create connections with people • Clear communicator • Able to listen attentively & empathise • Adaptable and flexible • Ability to maintain confidentiality

<p>Personal Attributes</p>	<ul style="list-style-type: none"> • Polite and friendly • Patient • Reliable and punctual & flexible • Positive outlook • Personal resilience that helps you to look after your own physical and mental wellbeing
<p>Additional Requirements</p>	<ul style="list-style-type: none"> • Ability to travel independently through out the Great Yarmouth and Waveney area • Familiar with email and phone use • Willingness to have DBS checks
<p style="text-align: center;">Training and Support Offered</p>	
	<ul style="list-style-type: none"> • Suicide Awareness training • Mental Health First Aid Training • Volunteer general training • Organisational Induction • Service Induction & Ongoing 1:1 support • Mileage and Expenses Paid
<p style="text-align: center;">Role Requirements</p>	

	<ul style="list-style-type: none">• 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• Meeting with our Service users with caseworkers to give support to the service