

Thank you for your interest in becoming an Adult Community Services (ACS) Volunteer!

Here is a little more information to give you a clear understanding of the role:

Adult Community Support (ACS) is a free service to help people recover from mild to moderate mental health conditions in the Great Yarmouth and Waveney area.

We offer support to help people find what is important for them and what a meaningful life would look like. For somebody this will mean having time to talk with our recovery trained staff; for others it will mean exploring creative and outdoors activities with like-minded people in a caring and supportive environment. This is where you will be volunteering,

The service is based on the 5 Ways to Wellbeing – a set of simple guiding principles proven to improve our everyday wellbeing:

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment

What does an ACS Volunteer do?

ACS Volunteers provide support to the Team in the setup and delivery of regular groups which include: Walking groups, Photography groups and Support sessions to name a few. The role will involve engaging with people who may be upset, or working through mental un-wellness to offer them a safe place to speak out and acknowledge feelings that they may otherwise not feel able to express. ACS volunteers will respect confidentiality at all times.

Who makes an ideal ACS volunteer?

We are looking for someone who is committed and reliable. Someone who has the ability to connect and empathise with people who may be going through difficult situations. An ideal ACS Volunteer is confident in their ability to manage their own wellbeing in order to provide support to others.

Download the criteria list for a comprehensive look at the role and how to apply
We hope this feels like an exciting and interesting opportunity to you