

Thank you for your interest in becoming a Lived Experience Volunteer - Waves Program!

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

What is a Lived Experience Volunteer?

As the role suggests, our Lived Experience Volunteers are people who have had their own experiences of recovery and are keen to share their insights and understanding with others to help them in their journey. Although our volunteers demonstrate a deep understanding of their own experiences and how to appropriately share this, they also acknowledge that they are not experts in the field of mental health. The reason why sharing our stories and insights is so essential is because it offers others hope that recovery is possible, people hear ideas that get them thinking about their own recovery or how to improve services and most importantly, we begin to see we aren't alone.

Who makes an ideal Lived Experience Volunteer?

Everyone's experiences are different but the main aim of the role is to encourage others to think about how they could shape their recovery or develop more recovery-focused services. There are however a few elements that are essential to the role:

- You must feel confident in sharing your experience and ideas with people you probably don't know
- Your story should be representative of your experience and be hopeful
- You must be able to demonstrate the difference between the drama triangle and the empowerment dynamic when interacting with the participants
- You are in a place where you can reflect and talk about your experiences without it feeling distressing, you have good support networks and your own recovery feels resilient

This last point is really important, you'll get support from the team but this is not a support service in itself. Lived Experience Volunteers will be assisting Norfolk and Waveney Mind to develop services and make real changes to people's lives.

Training and Support

We want to make sure you get the most out of the role so we will start out by orientating you to recovery-focused work if you aren't already familiar with it. You will also be trained in Professional Boundaries so you feel confident in your role and the level of responsibility it holds. You will decide and agree how many hours you can offer and during this time you will use your experiences in a variety of ways supported by the Waves team

Closing date for applications is Monday 4th October 2021

You will need to be available for interview on Monday 1st November 2021

If this sounds like an interesting and exciting opportunity, please download the
criteria list for a more comprehensive look