

## “Our Wellbeing Group” Volunteer

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### What will I be doing?

As a “Our Wellbeing Group” volunteer you will be volunteering with St Mungo’s Assertive Contact & Engagement (ACE) Service to facilitate group sessions with clients experiencing Mental Health issues and Substance Use (dual diagnosis).

In this role, you will be supporting us with all or some of the following tasks:

- Setting up / preparation in the kitchen.
- Providing hot food and drinks to group members.
- Ensuring our ‘Compass Centre’ is a safe and calm space for everyone
- Promoting community ties and friendly relationships for group attendees.
- Helping staff to clear away after the group finishes.
- Participating in weekly pre-brief and de-brief check ins with staff before and after group time.
- Signposting group attendees to appropriate support services.

### Where/ When will I be volunteering?

You will be volunteering every Thursday afternoon 1pm - 3pm at our Compass Centre, Jamaica Street, Bristol.



### Do I need to have any specific skills?

- A desire to help people who are going through a very challenging time and need some respite from the demands of everyday life, in a supportive environment.
- An understanding and awareness of mental health issues and their impact.
- Being reliable, resilient and respectful.
- Good communication skills and an empowering attitude towards our clients.
- An understanding of the causes of homelessness and its impact.
- Genuine interest in and commitment to St Mungo’s work and client group.
- An understanding of and commitment to diversity & equality.

We particularly welcome applications from people living locally or working within the local community. Lived experience of mental health or addiction issues, as well as homelessness are welcome



### What support will I receive in return?

We have a dedicated team to support you in your volunteer journey with us. You can find out more about [what you'll gain from being a St. Mungo's volunteer on our volunteering webpages.](#)

We are also committed to progression at all levels and [we support and develop our volunteers](#) to ensure that they are best placed to make progress in their careers.

### How do I get started?

[Apply online](#). Or, contact us at [volunteer@mungos.org](mailto:volunteer@mungos.org) or on 0203 856 6160 for further support.