

## Wellbeing Group Facilitator

---

At St Mungo's we provide a bed and support to more than 3,150 people in accommodation each night. As well as accommodation services, we also provide a range of services, such as running activities, skills and employment training, and tenancy support, to help people at every stage of their recovery from homelessness. At the heart of all of our services is our commitment for everyone to have a place to call home and fulfil their hopes and ambitions.

### What will I be doing?

As a Wellbeing group facilitator you will be leading sessions for our clients supporting discussion and reflection on well-being. We lead these groups in line with [St Mungo's values](#) as we believe that each of our clients comes to us with a unique set of skills and strengths and we use these as the starting point for moving towards a healthier, happier and more stable life.

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

- Promoting the sessions by creating posters and other promotional materials
- Planning the Check-in and Connect sessions working with other volunteers and staff to agree on the content and delivery.
- Creating a client-led group by involving clients in deciding session's themes or topics
- Providing a supportive and safe space for clients to be listened to and heard
- Guiding the sessions, maintaining the timing and structure of the session
- Debriefing with the volunteers and staff involved after each session

### Where/ When will I be volunteering?

Information on location and time commitment requirements is provided within this role's advert.

Our projects and services run across London and the South of England. We aim to match you to the most suitable volunteer role. After we receive your application, we will give you more information on the exact location and time you'll need to commit to the role as well as the specific service you'll be supporting.

### Do I need to have specific skills?

- Supportive listening skills
- The ability to work as a team with other volunteers and staff
- Beneficial: Experience delivering wellbeing/mental health group discussions
- Client and customer focused.
- A friendly personality, good interpersonal skills, enthusiasm and motivation.
- Willing to learn and develop within the role.
- Collaborative with good communication skills.
- 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 applicants with experience of using and moving on from support services.

### **What support will I receive in return?**

- Access to Headspace
- Our core volunteer training as well as access to further learning and development opportunities from our specialised Volunteer Services team.
- A role induction and role-specific training as well as regular support from your volunteer supervisor.
- Reimbursed volunteering expenses.
- New skills and experience within the largest homelessness services provider - both extremely valuable if you seek paid employment in the sector.
- Professional references after 3 months volunteering.
- A dedicated volunteer services team to support your volunteering.
- Access to our Volunteer Development Pathway to help you to develop the skills and experience to support your progression.

### **How can I apply?**

Complete our online application form [here](#) . Or, contact us at [volunteer@mungos.org](mailto:volunteer@mungos.org) .