

Role	Volunteer Co-facilitator - Good Mood Cafe
Location	Cambourne
Supervisor	Peer and Volunteer Manager
Hours/ commitment	<p>Thursdays from 17:15-18:45 (this includes some prep and debrief time with a staff member)</p> <p>Good Mood cafes run on the same day weekly and a commitment to those will be required.</p> <p>We ask for volunteers to commit to at least 6 months.</p>
About this volunteering opportunity	The Good Life Service focuses on individuals' strengths/skills and has community connectivity and peer support at its heart.

What is a Co-facilitator
<p>A Co-facilitator will support CPSL Mind staff to deliver Good Mood cafes within the local community. The volunteer co-facilitator will help initiate conversation and keep them on topic, they will also help to engage those attending.</p>
What you can expect from this volunteering opportunity
<ul style="list-style-type: none"> - Induction training, supervision and support - To learn new skills - The opportunity to use your lived experience or knowledge of mental health challenges, in a safe and contained way to support others - The opportunity to help us bring communities together and help deliver our message of “its ok to not be ok” - Wider opportunities to grow and develop as a valued member of the CPSL Mind Team
As one of our volunteers, we will ask you to commit to the following:



- Attendance to our induction training and completion of safeguarding and prevent training
- Agree to complete an Enhanced DBS check
- A good line of clear communication
- Adherence to CPSL Minds Code of Conduct and policies and procedures

Recruitment process

The recruitment process involves:

- Completion of application form, providing two references
- Informal zoom meeting with Peer and Volunteer Manager
- Attending online zoom induction with Peer and Volunteer Manager along with completion of safeguarding and prevent training.
- Additional training will be offered when it becomes available.

NB: All volunteer opportunities are subject to satisfactory Enhanced Disclosure & Barring Service clearance. Please contact our Peer and Volunteer Manager if you need more information about this or wish to discuss any spent or unspent convictions.

We look forward to hearing from you!

