

Role	Volunteer Co-facilitator - Open Door Calm Space
Location	Currently our sessions are virtual sessions until further notice. Delivered for the community of Cambourne and the local area.
Supervisor	Peer and Volunteer Manager
Hours/commitment	Every Thursday 10:45- 12:15 (this includes some prep and debrief time with a staff member) We ask for volunteers to commit to at least 6 months.
About Open Door Calm spaces	The Good Life Service focuses on individuals' strengths/skills and has community connectivity and peer support at its heart. Open Door calms space sessions offer guidance on self-help techniques which can help attendees to 'ground themselves' and feel better – both in that moment and in the future.

What is a Co-facilitator

A Co-facilitator will support CPSL Mind staff to deliver Open Door calm space sessions within the local community via zoom. The volunteer co-facilitator will help to engage those attending,

What you can expect from this volunteering opportunity

- 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:



Cambridgeshire,
Peterborough and
South Lincolnshire

- 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!

Our mission is to:

- > Support those with poor mental health to live well, whatever that means for them.
- > Enable people to maintain positive mental health, especially those who are going through tough times.
- > Inspire connections and eliminate stigma within our communities for the benefit of everyone's mental health.