



Community Development Department



**Engaging
Communities
Volunteer**

About the Organisation



Our Vision

“Enabling everyone in our communities to achieve better mental health”

Our Mission

“To continue to provide the best quality local mental health services in prevention, early intervention and primary care; alongside empowering individuals and our communities to live well.”

We provide a wide range of services to our local communities. We provide support to individuals, groups, and families. We work with people of all ages and have a dedicated Youth in Mind team providing support to Children and Young people. We typically work with over 5,000 people per year and have consistently received feedback that over 70% of people felt their wellbeing had improved as a result of using our services.

Our Values

TOG Mind is passionate about mental health and believes that:

- Mental health is as important as physical health, and applies to everyone.
- People are experts on themselves and our role is to work holistically to help people to help themselves.
- As a charity TOG Mind occupies a special place in the landscape of mental health services. We can innovate, adapt and serve our communities in ways that others can not.
- Our appetite for continuous development and improvement enables us to affect positive change.

Tameside, Oldham & Glossop Mind Values:

Relationships

We listen and ask questions to understand others and to build trust. People matter to us both inside and outside our organisation.

Potential

We encourage personal responsibility for development by discovering and realising the abilities and energies of people.

Aspiration

We support one another, clients, and communities to achieve better mental health.

Learning

We seek insight and grow from experience finding new or better ways to contribute to the field of mental health.



Volunteer

Engaging Communities Volunteer

Volunteer Role	Engaging Communities Volunteer
Commitment:	Minimum of 3 hours per week
Supported By:	Diverse Communities Link Worker Community Development Senior Manager
Based:	Across Oldham

Summary of Role

- Make a real difference to the lives of people from diverse communities by removing barriers that prevent individuals & families from accessing support
- Assist with engaging & providing support to clients and carers of people who have diagnosed health inequalities such as Dementia, Autism, LD and ill Mental Health throughout Oldham.
- To support the development & delivery of community education/awareness sessions alongside the Diverse Communities Link Worker.
- Provide wellbeing advice and knowledge of services and support throughout Oldham that can be signposted or referred to.
- Encourage the use of local community groups and forums.
- To signpost/refer people for help with practical matters which can impact on wellbeing e.g. benefits, debt advice, adult services.
- Be aware of risk and safeguarding, identify potential concerns and appropriately seek support from staff and management.
- Work within the organisations values, policies, and procedures
- To attend monthly group supervision

Role Specifics

((To be completed by PM of the area, this will be a description of the activities being undertaken, written in a way that sells the role))



Role Specification

Personal Qualities

- Passion and enthusiasm for working with individuals and carers with a range of health inequalities who want to improve their wellbeing
- A desire to support the development of strengthening community relationships and connecting support networks together.
- Ability to develop knowledge of community assets and support to refer/signpost people to.
- Understanding of and ability to manage boundaries
- Understanding of the stigma and barriers faced around poor mental health within some communities.
- Able to commit to regular hours of availability
- A commitment to the values and ethos of the organisation.
- Good communication & listening skills, non-judgemental and the ability to relate sensitively to people who are upset or in distress
- Good time keeping and reliable.
- Friendly and approachable style of working.
- Open to new ideas and feedback for personal development.

Knowledge

- A basic knowledge of the subject matter of common mental health conditions would be useful, but is not essential.
- Basic IT skills to enable you to send the session summary via email and attend zoom training
- A willingness to learn



Abilities

- Understanding and ability to following safeguarding and other policies and procedures
- Ability to attend internal induction and service delivery training
- Ability to attend regular clinical supervision (*provided in groups by the organisation*)
- Ability to communicate effectively with attendees, members of the Community Development Team and other members of the organisation and other health professionals if required.
- Ability to adhere to all policies, especially Volunteer Policy, Code of Conduct, Lone working, Confidentiality and Health and Safety

Benefits of Volunteering with TOG Mind

We value our volunteers and want the experience to be positive and worthwhile for you as well as the organisation. Some of the benefits and experiences you can expect when volunteering for us are:

- Reasonable expenses covered
- Thorough induction including core organisational training, achievement of level 1 training in safeguarding and Data Security and a range of service specific training
- Access to our organisational training programme with opportunities to attend training such as Mental Health First Aid, incident training, Safeguarding level 2, Suicide prevention, Equality and Diversity and many more
- Ongoing support and supervision relevant to the role including internally delivered group clinical supervision to reflect on your work and personal development
- DBS checked where required (funded by the organisation)
- Opportunity to use your skills, abilities and humanness to make a difference to peoples lives
- Increased feelings of connection to the local community, improved self esteem and self confidence with a sense of accomplishment
- Opportunities to interact with and support people from diverse backgrounds, increasing your awareness, knowledge and skills
- By spending a lot of time working with others and using social skills, like active listening and relationship management, you'll have the opportunity to develop your future personal and business relationships
- We offer ongoing training and professional development opportunities
- Professional development opportunities including opportunities to move into paid roles with the organisation and the wider sector



**Work for an
Award Winning
Organisation**



**Training & Professional
Development**



**Disability
Confident
Employer**

Tameside, Oldham & Glossop Mind is committed to the equality, diversity and inclusion of all our candidates and staff, and we are committed to creating a workforce which represents the communities we serve.

Please contact Recruitment@togmind.org if you wish to discuss any additional needs or reasonable adjustments which may support your volunteering experience..

Ready to Volunteer?

Interested in volunteering with us? Here's what to do next:

Visit the Volunteering section of our website by clicking the following link:

www.togmind.org/vacancies

Select our **Volunteer Application Form** (on the page, or by clicking here), select the service you wish to volunteer with, and submit your application!

A member of the team will be in touch following your application

If you have any further questions and would like to get in touch, please contact the Team Manager through phone or email; alternatively contact our office reception at office@togmind.org or by calling **0161 330 9223**.

Karen Hughes

karenhughes@togmind.org

07392868981

More about TOG Mind

For more information on our Services, please visit our website:

[Our services | Tameside Oldham and Glossop Mind \(togmind.org\)](http://togmind.org)

For the most up to date information, please follow us on our social media:

Facebook—TOG Mind: <https://www.facebook.com/TamesideOldhamGlossopMind>

Facebook—Youth in Mind: <https://www.facebook.com/YiMind>

Twitter: <https://twitter.com/TOGMind>

Instagram—TOG Mind: https://www.instagram.com/tog_mind/

Instagram—Youth in Mind: https://www.instagram.com/youth_in_mind/

LinkedIn: <https://www.linkedin.com/in/tameside-oldham-and-glossop-mind-91b4a766/>

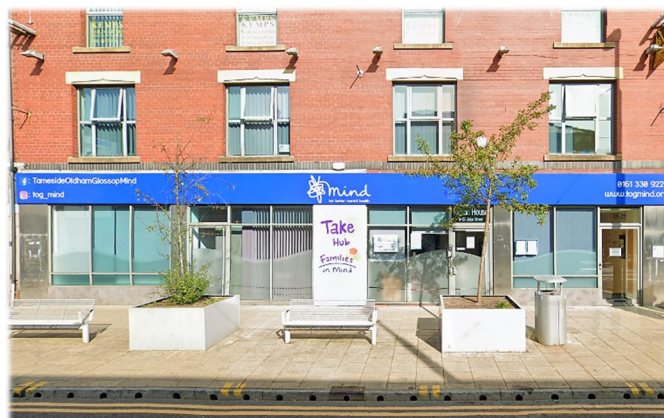
Also please consider signing up to our weekly E-Update here:

<https://www.togmind.org/e-update>



Ashton Wellbeing Centre

216-218 Katherine Street,
Ashton-under-Lyne,
OL6 7AS.



Oldham Wellbeing Centre

19-25 Union Street,
Oldham,
OL1 1HA.



Call: 0161 330 9223

Email: office@togmind.org





**We look forward to
hearing from you!**

 **Mind** Tameside, Oldham and Glossop