

Volunteer for the County Durham Resilience Team

➤ County Durham Resilience volunteers will contribute to the provision of local wellbeing and psychological support for specific mental health and emotional wellbeing across County Durham by assisting the Resilience Team workers to bridge the gap between services in the delivery of focused outreach work to local people and communities in a range of settings.

➤ Main tasks:

- Supervised work with the County Durham Resilience team.
- Provide support alongside workers, to individuals who aim to build resilience within communities in County Durham.
- Aid workers to promote the service, support recruitment of appropriate clients and signposting to relevant local services.
- Assist in facilitation of appropriate support groups & events to promote the service across the county.
- To jointly, listen sympathetically to concerns and to work alongside team members, in a solutions-focus manner to assist clients to overcome a range of barriers.
- Supporting workers with preparation and co-production of resources to support goals and planning, and sourcing holistic package of support to enable clients to improve their mental health.
- Assist in supportive contact with individuals to help goal achievement.



Personal Qualities

- Good communicating via effective listening and interpersonal skills
- A friendly approachable manner with an ability to encourage & motivate
- Flexible and a good team player
- Empathetic, non-judgemental, with a passion for improving the community

All reasonable out of pocket expenses will be paid including mileage allowance.

➤ How to join us

Contact:

resilience@pcp.uk.net