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| Role | **Recovery College Mindfulness Tutor (Volunteer)**  **‘Expert by Experience & Expert by Profession’ Role** |
| Purpose | To deliver and co-facilitate the Leicestershire Recovery College course, ‘Learn to Surf: An Introduction to Living More Mindfully’ and provide general study support to Recovery College students.  The volunteer would be expected to draw upon personal and professional experience of mental health and health and wellbeing to deliver the ‘Introduction to Living More Mindfully’ course at the recovery college which is delivered to a group of students every 3 months as part of the termly prospectus.  Leicestershire Recovery College students can include Mental Health Service Users, their Carers and Family Members from Leicester, Leicestershire, and Rutland, and also Leicestershire Partnership NHS Trust (LPT) staff members. |
| Base | Base: Lee Street, Leicester City site but on some occasions, you may be asked to deliver courses at the Recovery Colleges other satellite sites. On these occasions, good prior notice will be given.  Leicestershire Recovery College deliver courses and workshops at their base address and at satellite venues across Leicester, Leicestershire and Rutland and tutors may be required to deliver in any of these venues in accordance with the needs of the communities.  The service is currently delivering courses both face-to-face in classroom venues, and online and this may require the volunteer to have access and knowledge of IT, online platforms & Microsoft Teams. |
| Hours | 2 - 10 hours every 3 months |
| Reports to | Recovery College Operational Manager |
| Benefits of this volunteer activity | * An opportunity to use lived experience of mental health problems in a positive and focussed way to support others. * An opportunity to use experience gained by working in mental health services or related fields in a positive and focussed way to support others. * An opportunity to facilitate recovery by promoting choice, hope and self-determination. |
| Key tasks | Tasks may include the following:   * Assist in facilitating or co-facilitating the course to students, potentially working alongside either clinical tutors and professional educators or tutors with lived experience of mental health challenges. * To act as a learning advisor and provide appropriate learning support to students, including feedback, advice, and information. * To establish a supportive and respectful relationship with all contacts. * Inspire and instil confidence in others. * Share coping, self-help and self-management techniques. * Use own initiative, personal experience, and role-related training in deciding on the approach required when delivering support. * Be aware of the steps taken to safeguard the health everyone within the College, observing all relevant policies relating to the safeguarding of these individuals and self and attend relevant training. Maintain strict confidentiality at all times. |
| Person Specification and Requirements | **Experience and Knowledge**   * Direct personal experience of delivering sessions focussing on the topic of mindfulness and meditation or its associated techniques or have significant experience of using mindfulness and meditation as part of supporting own wellbeing. * Direct personal experience (‘lived experience’) of mental health problem either as a service user, carer or professional. * Experience of managing and supporting your own mental health and wellbeing * Have experience of one or more of the following: teaching, lecturing, and training, coaching, mentoring, peer support. * Experience of working with adults or young people   **Skills**   * Good communication skills including reading, writing, conversing in person and on the telephone. * Excellent listening skills and ability to interact in an emphatic manner. * Confidence and ability to speak clearly on the telephone and in meetings including course/workshop sessions * Punctual and reliable * Able to work independently and as part of a team * Good information technology (IT) skills including the use of e-mail, Microsoft office; Word and Excel.   **Motivation**   * Interest in volunteering * Enthusiasm for working with people and supporting people to improve their health and wellbeing * Willingness to support people with a range of needs to support their recovery goals |
| |  |  | | --- | --- | | Training and Support Needs |  | | * Trust core mandatory Training   + Any other mandatory training as specified by the Trust   + Local Induction to the Leicestershire Recovery College   + Access to regular supervision from a designated member of the Recovery College staff team   An enhanced DBS is required for this role. This is processed free of charge for volunteers. |

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