

TITLE: Wellbeing Champion

SUPPORTED BY: Mind and Body Project Worker

MAIN PURPOSE: To act as an informal support to help members of MAE Care to improve and maintain good emotional and mental wellbeing

Overview of Role

The Mind and Body Project aims to help people achieve and maintain good emotional and mental wellbeing through group activities and one-to-one contact, in turn reducing social isolation. Wellbeing Champions will be trained and supported to act as sources of information and support to identified MAE care members.

Responsibilities

The Wellbeing Champions will need to complete the MAE Care induction programme and the wellbeing training. The Wellbeing Champion will be matched with an individual member who could benefit from one-to-one support or you could also support our group activities. You will meet with that member on a regular basis (at home, our office or in the community) to provide a listening ear and to encourage and support them to join in MAE Care and community activities. (Supporting them when necessary and as you are able) or support at a group event. A DBS check may be required.

Skills & Qualities

No formal experience in mental health is necessary, just an understanding manner, good listening skills and desire to work individually with older people to be a positive influence in their lives in group settings on a one to one basis.

Training

The MAE Care induction programme covers MAE Care services, working within volunteer boundaries and safeguarding .The wellbeing training will cover basic mental health awareness and an overview of related task.

Times and Commitment

Two to three hours per week or every fortnight, depending on your schedule and the needs of our members. You must be willing to travel in the local area and you will be reimbursed your expenses for travel. You will be asked to provide a brief record of your meetings.

What's in it for you?

In this role you will have the opportunity to gain knowledge and practical skills to support an older person to achieve or maintain positive mental and emotional wellbeing. It will support the ongoing work of MAECare which aims to reduce social isolation for older people and provide information on current service provision across all sectors. This will be rewarding for both you and the older person/people and will be a useful way to increase you skills and enhance career development. References can be provided on request. The Mind and Body Project worker will provide regular one to one or group support. There will be opportunities for ongoing training and social activities.