

Volunteer Role Description

Volunteer Role: Hope Facilitator

We are a charity dedicated to building social capital and developing the wellbeing of individuals and communities in Cornwall. We do this by working in collaboration with a wide range of organisations to promote and support active citizenship and voluntary action covering the emotional, social, environmental and economic needs and opportunities.

Volunteer Cornwall are working with partners in the NHS to introduce the HOPE programme to Cornwall.

Role Description

The HOPE facilitator role is to deliver a six week programme where they provide a safe place for people to challenge themselves, gain inner strength and take away tools to cope with the pressures of life. People “start as strangers but leave as friends” (Sarah, Attendee).

The HOPE facilitator needs to like and want to help people become more confident and cope better emotionally, psychologically and practically. Attendees will come from a diverse range of groups such as those living with long-term conditions, which may be physical or mental, carers, cancer patients, Long Covid or parents struggling with their children. The group may even be employees who are either returning or preparing to return to work after an absence.

Location

The facilitator may assist in any part of the county and, as volunteers, can choose which area they would prefer to volunteer in. We also now deliver HOPE online via ZOOM or Teams.

Volunteer Tasks and Responsibilities

As a HOPE Volunteer Facilitator we need you to commit to:

- Helping to facilitate a six-week course, up to three times a year. It is essential that facilitators undertake the full 6 weeks as the relationship between the facilitator and attendee requires a strong bond of trust that will build over the weeks.
- Lead Facilitator to be responsible for the pre course check list.
- If Face to face arrive at least 30 minutes before to set up, as well as leaving at least 30 minutes at the end of the session to clear up and reflect.
- Providing up-to-date contact details.
- Ensuring all information shared during the programme remains confidential.
- Looking after yourself and your wellbeing and to raise any issues/concerns that you may have either to your co-facilitator or to the HOPE lead at Volunteer Cornwall.
- Reading the volunteer policy and adhering to Volunteer Cornwall's processes.
- Informing the lead DSO at Volunteer Cornwall of any disclosures and/or perceived safeguarding issues.
- Keeping up-to-date / 'in the loop' with what is going on regarding HOPE – please read all emails and newsletters sent to you.
- Ensuring you've got a HOPE Facilitator Manual and to bring this to each session.
- Letting us know if you are no longer available a) to facilitate the 6 week course b) to facilitate a specific week during the 6 week course c) to be involved in HOPE as a facilitator.
- Return the HOPE Handbook when no longer required.

Time Commitment

Facilitate a six-week or equivalent course (minimum 3.5 hours per week) at least once a year either online or face to face.

Some additional administrative time will be required to prepare for courses.

Support and Training

Initial Training

All facilitators will need to undertake and be assessed on a two-day Facilitator course. After satisfactorily passing the two-day course they will then be invited to co-deliver a HOPE 6 week programme. Facilitators will need to be observed at least once during this first delivery by a Lead Trainer before being 'signed off' as an accredited HOPE Facilitator.

Facilitators will need to attend appropriate Safeguarding training or evidence that they have received relevant training within the previous two years.

Level 1 Data Security and Protection training may also be required.

All facilitators are encouraged (not mandatory), if they have not already done so, to undertake some Awareness or First Aid for Suicide training (SFA or ASIST).

<https://www.healthycornwall.org.uk/training/suicide-first-aid/> and Mental Health First Aid <https://www.healthycornwall.org.uk/training/mental-health-first-aid-mhfa/> via Healthy Cornwall as part of building the knowledge and skills for delivering HOPE.

Ongoing Support

Ongoing training will be given as required via online Facilitator peer support meetings.

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