

# **PERTH ASSOCIATION FOR MENTAL HEALTH**

## **VOLUNTEER SPECIFICATION**

### **SCOPE OF ROLE**

Volunteers will support the day services offered by PAMH. This will involve:

- Talking with and befriending PAMH clients during drop-in social groups
- Participating/assisting in the range of day service groups
- Supporting clients to feel confident in attending and participating

Day Service groups occur between 10am and 4pm, Monday to Friday. Each group is normally two hours in duration, with 15 minute sessions before and after for planning and debriefing. Volunteers are asked to commit to one or more groups on a planned basis.

### **SUPPORT**

PAMH paid staff are responsible for the day-to-day running of Day Services. They will offer the necessary support to volunteers while on duty and will always provide a presence during groups that volunteers are participating in.

The Volunteer Support Worker will support and supervise volunteers in either a group setting or on a one to one basis. There will be opportunities to participate in a range of relevant training.

It is recognised that volunteers will bring valuable experience to PAMH. In return, a Volunteer Agreement is provided, together with expenses. Volunteers are encouraged to suggest improvements to existing services and to feel that they are part of the team.

### **SKILLS/REQUIREMENTS**

- Non-discriminatory approach to others
- Tact
- Good listening skills
- Respect for others
- An ability to maintain confidentiality
- Use of initiative/common sense
- Reliability
- Positive attitude
- Team worker
- A satisfactory Disclosure Scotland check

Volunteers are encouraged to share whatever skills and interests they have, supporting people to live as full a life as possible.