

# 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:

- Work with 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.
- To listen sympathetically to concerns and to work in a solutions-focus manner to assist clients to overcome a range of barriers.
- Supporting preparation and co-production of action plans and sourcing holistic package of support to enable clients to improve their mental health.
- Assist in supportive contact with individuals to help goal achievement.
- Carry out follow up calls to support individuals and/or service development.



## Personal Qualities

- Good communicating, 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](mailto:resilience@pcp.uk.net)