

Volunteer for County Durham Resilience

➤ County Durham Resilience volunteers will contribute to building resilience within communities in County Durham. This includes where people feel lonely and isolated, and have experienced mental health difficulties, which includes those impacted by COVID. Volunteers are able to provide extra support to workers, helping to bridge the gap between services in the delivery of focused outreach work to local people and communities.

➤ Main tasks:

- Supervised work with the 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 & events to promote the service across the county.
- To jointly, listen sympathetically to concerns and to work alongside team members, in a solutions-focus manner to assist clients to overcome a range of barriers.
- Supporting workers with preparation and co-production of resources to support goals and planning, and sourcing holistic package of support to enable clients to improve their mental health.
- Assist in supportive contact with individuals to help goal achievement.



Personal Qualities

- Good communicating, listening and interpersonal skills.
- A friendly approachable manner with an ability to encourage and motivate.
- Flexible and a good team player.
- Empathetic, non-judgemental, with a passion for improving the community.

You will be required to complete training in:

- Equality, Diversity & Inclusion Training.
- Risk Assessments Training.
- Fire Awareness Training.
- Safeguarding Adults.
- GDPR Training.

All reasonable expenses will be paid, including mileage.

Contact resilience@pcp.uk.net to join.