



Volunteering

The Larches Trust is launching an Emotional Literacy Development Programme (Safe Space) for people with Learning Disabilities, Mental Health problems and/or Autism to help develop communication and emotional literacy skills and enable them make choices and practise self-advocacy skills. We need volunteers to help support Safe Space participants so that they can get the most out of the Safe Space group.

Responsible to:

- The Group Facilitators

Hours:

- This role will initially take 4 hours a week and we require a level of commitment of 7 months.

Role Description:

- Support the facilitators to run the group.
- Encourage individuals to participate in group activities.

What is expected:

- As our aim is to facilitate self-advocacy, it is essential that Support Volunteers feel comfortable in taking a supporting role, according to the individuals needs.
- No experience in working with people with Learning Disabilities, Mental Health problems and/or Autism necessary, just a genuine desire to be able to offer consistent support in a safe, respectful and non-judgemental way.
- Help the group with preparing and running the sessions.
- You must be willing to have a CRB check

What do Support Volunteers gain:

- Training in support skills.
- Experience of mentoring and supporting people with Learning Disabilities, Mental Health problems and/or Autism
- And most of all, the satisfaction of helping people with Learning Disabilities, Mental Health problems and/or Autism bring about positive change in their lives.