**Mental/Sexual Health Volunteers**

**Role Description**

This role requires PVG Disclosure

1. **Role details**

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| **Role title** | **Details** | **Timescale/Hours** |
| Mental/sexual health volunteers | We are looking for Volunteers who are able to support us with a range of sexual and mental health services for young people. No experience is required, but an interest in working with young people is essential. | Times to suit service delivery – will be flexible. |

Responsible to: Let’s Talk Managing Director

Base: 1-2 Craigmillar Castle Road, Edinburgh, EH16 4BX

1. **Role and responsibilities**

Mental/sexual health volunteers will play an important role in supporting Let’s Talk service delivery. This includes (but is not limited to) education sessions, therapeutic groups, health-promotion and drop-ins. We are keen to recruit volunteers who work well independently and have good communication skills and a warm, friendly approach. Tasks are coordinated by the Managing Director.

1. **Time commitment required**

There is flexibility in terms of the time commitment required for these roles, but times, days and locations will be dependent on service needs.

Mental/Sexual Health Volunteers are expected to attend an induction prior to starting with Let’s Talk. Additional training and review sessions will be arranged when appropriate.

1. **Communications**

Internal:

The Volunteer is expected to be able to communicate effectively with other members of the Team and ask relevant questions to gain clarity when carrying out tasks. Volunteers are also invited to tell us about any benefits or challenges experienced in their role, in order to gain support and improve the volunteering experience for all volunteers. We also encourage volunteers to express their interests in developing particular skills and these will be accommodated where possible.

External:

The Volunteer should be able to communicate confidently and politely with members of the local community, other organisations, young people and the general public as appropriate.

1. **Person Specification**

**Mental/Sexual Health Volunteer: Person Specification**

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|  | **Essential** | **Desirable** |
| **Results & Qualities** | The volunteer is expected to be able to perform the role as specified and demonstrate the Key Competencies below. | * Willingness to commit to at least 6 months volunteering. |
| **Education, training and experience** | * Some education in child development, psychology, occupational therapy, social work or community education. | * Experience of working with young people. |
| **Interests** | * Interest in sexual, emotional or mental health of young people. | * Interest in community development. |
| **Personal Qualities** | * Enthusiastic and positive attitude. * Confident communicator. * Warm and friendly. * Able to maintain good boundaries. | * Proactive but able to ask for help when needed. * Reliable. * Good organisational skills. |

1. **Key Competencies**

All volunteers at Let’s Talk are expected to maintain the following key competencies:

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| **TECHNICAL** | **INTER-PERSONAL** |
| **Knowledge**  **The Volunteer will be expected to demonstrate some understanding of:**   * Sexual, emotional and mental health of young people. * Community based practice. * The impact of trauma on development. * The challenges, opportunities and limitations of working in the third sector. * The local community’s culture and needs.   **Skills**  **The Volunteer will be expected to demonstrate their skills in:**   * Maintaining a warm, friendly approach even in the face of challenging behaviour. * Inspiring young people. * Organisation and attention to detail.   **Focus**  **The Volunteer will be expected to demonstrate their abilities to:**   * Manage time and priorities effectively with the aid of their Support Worker, * Be involved in reflective practice and learning. * Ask for help when needed. | **Communication**  **The Volunteer will be expected to:**   * Interact with others (including team members and young people) in a respectful, dignified and professional manner at all times; * Share appropriate information, verbally and in writing; * Express ideas, thoughts and feelings in a meaningful and constructive manner.   **Negotiating and Influencing**  **The Volunteer will be expected to be able to:**   * Compromise; * Hear other people’s points of view and take them on board; * Act assertively (rather than passively or aggressively);   **Empathy**  **The Volunteer will be expected to be able to:**   * Demonstrate sensitivity and consideration towards others at all times; * Take responsibility for their own emotional needs and allow others to do likewise. |
| **SELF REGULATION** | **LEADERSHIP** |
| **Self Control**  **The Volunteer will be expected to:**   * Remain composed and calm under pressure; * Manage impulsive feelings appropriately; * Identify and respond to personal and emotional needs appropriately.   **Self Directedness**  **The Volunteer will be expected to:**   * Take appropriate responsibility for tasks delegated to them; * Demonstrate initiative where appropriate. * Be aware of their own learning and development needs and communicate this to their support worker.   **Integrity**  **The Volunteer will be expected to:**   * Express feelings and thoughts with honesty; * Demonstrate regard for others; * Act ethically at all times; * Nurture trust through consistent application of Let’s Talk Values. | **Vision and Aspiration**  **The Volunteer will be expected to:**   * Understand the broader policy and environmental context of the work of Let’s Talk;   **Inspiring Others**  **The Volunteer will be expected to:**   * Maintain high standards of conduct and volunteering practice; * Demonstrate a passion for, belief in and commitment to the work of Let’s Talk.   **Innovation**  **The Volunteer will be expected to:**   * Demonstrate independent thinking * Share ideas * Be open to new ideas and ways of working. |
| **VALUES** | |
| Let’s Talk has a clear set of organisation Values which all volunteers are required to demonstrate at all times.  Our values   * Young people are at the centre of everything we do, * We believe in kind, open and honest communication, * We have integrity and we take responsibility, * We want to understand what has happened to you, how you feel and what might help, * We are caring and compassionate, and we listen, * We take responsibility and are accountable, * We keep innovating and learning.   Our organisational values are underpinned by UN Convention on the Rights of the Child. | |

1. **What the Sexual/Mental Health Volunteers will gain:**

We believe this is a fantastic opportunity for a volunteer to gain:

* Experience of volunteering within a small, dedicated team of people in the third sector,
* A variety of skills and experience supporting young people to improve their own sexual, emotional and mental health,
* Regular opportunities to reflect on their learning and personal development,
* Recognition for volunteering, including references for future employers and Saltire Awards (for volunteers under the age of 25).

1. **About Let’s Talk**

We are a Community Interest Company (CIC) which is a company developed and delivered solely for the benefit of a community (in our case, young people aged 11-26). As a CIC our assets are locked to our local community and cannot be given away or sold off under their value. We believe this protects and places the right value on any assets that we accumulate for our young people. We are a not-for-profit agency and any surplus funds that we generate are put back into the company to be used to continue supporting young people in our local communities. We are also a company limited by guarantee (company registration number 697667). We are governed by 3 Directors, one of which is our Managing Director and two voluntary Directors. Our registered office is 1-2 Craigmillar Castle Road, Edinburgh, EH16 4BX. Our email is info@lets-talk.scot

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| **Agency Objectives** | |
| Objective 1 | Establish |
| Objective 2 | Innovate |
| Objective 3 | Grow |

If you are interested in this role please contact:

Niki Powers

(Managing Director)

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