

Group Volunteer (Emotional Resilience)



Role location: **Southampton:** No Limits Advice Centre, High Street, SO14 2DF

Day and time commitment:

Typically, 2-6 hours per week – the group takes place on the following days / times:

- 11-15 year olds: Tuesday 4.15pm - 6.15pm
- 16-25 year olds: Tuesday 6.15pm – 8.45pm

Responsible to: Therapeutic Groups and Activities Worker

Disclosure and Barring Service Check (DBS): Enhanced DBS – Child and Adult Barred List

Essential driver?: No, but must be able to independently travel to the role location

Here at No Limits, our mission is **to empower children and young people to reach their full potential through information, advice, counselling and support.** Our people are key in supporting us to achieve our aims and your role in this is outlined below.

We particularly welcome applicants from diverse backgrounds and those with experiences similar to the children and young people we help and support. We are committed to creating a diverse environment where people can be their authentic self, experiences and opinions are valued, and we all are open to learn from each other.

About the role

Our Emotional Resilience Support Group is an 8 week long group for 11-25 year olds, which covers understanding and identifying emotions, the responses to stress and the physical effects of emotions, negative thinking, triggers, self-esteem and self-compassion. The group is a safe place to meet people with similar experiences and feelings.

As a Support Group (Emotional Resilience) Volunteer, you will support the Therapeutic Groups and Activities Worker with the running and facilitation of the group, adopting a supportive and engaging approach with the young people.

About you – knowledge, skills and experience

To apply for this role, we are looking for someone with the following skills and qualities:

- ✓ Good communication skills
- ✓ Committed and reliable
- ✓ Friendly and approachable
- ✓ Genuine interest in children and young people, supporting them to reach their full potential
- ✓ Ability to build trusting relationships with children and young people
- ✓ Works well both individually and in a team
- ✓ Ability to role model and maintain healthy professional boundaries
- ✓ Experience or a good understanding of supporting children and young people – examples can include your family, friends, work, volunteering or studies

Please include on your application form other relevant knowledge, skills and experience which can be from work, volunteering, education or personal experience. We value growth and may make recruitment decisions where not all essential areas are met, but you're able to show an ongoing commitment to learning and development.

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Main duties and responsibilities

- Actively help with the planning and facilitating the group, which could be themed group sessions and / or one-to-one focused support
- Engage with young people in a supportive way, tailoring to individual needs, on a one-to-one or small group basis
- Help with setting up and packing away of resources used for the group
- Participate in any handovers and briefings led by the Therapeutic Groups and Activities Worker, before and after the group, including discussing any issues, including safeguarding concerns, as required
- Be approachable and provide a listening ear, when necessary
- Be patient and support young people to explore the topic at their own pace

General

- Independently, and as part of a team, work in an impartial, confidential and non-judgemental way – raising any concerns immediately with the Therapeutic Groups and Activities Worker
- Keep up-to-date with relevant news, information and guidance provided by No Limits
- Read and abide by No Limits' policies and guidelines, particularly safeguarding and confidentiality
- Attend and participate in regular training, meetings and 1-2-1 reviews
- Complete monitoring, referral and / or other forms to a high standard, and as required