

Self Injury Self Help (SISH) Volunteer Facilitators – mixed gender self help groups

Information for applicants	
Responsible to:	The SISH trustees
Responsible for:	Facilitation of the mixed gender self- injury self- help support group (SISH)
Funding body:	The Quartet Foundation
Contract type:	Volunteer – 2 month probationary period before confirming in role.
Place of work:	Central Bristol
Expenses:	£4 per session maximum to cover travel expenses
Supervision and training:	Induction training of: X 2 Saturdays and x 2 evenings. Ongoing 6 weekly group supervision with a qualified counselling supervisor.
<p>Purpose of role: We are looking for volunteers who can commit to offering 2-3 eves per month in partnership with a small team of facilitators for the mixed gender (18 years+) self injury self help support group. The group meets on a Tuesday 6.30 -8pm</p>	
<p>Background information: SISH (self injury self-help) is a small Bristol based charity which has been offering a confidential and non-directive support group for people who self injure and Wellbeing monthly workshops for over 13 years. Currently we offer:</p> <ul style="list-style-type: none"> • A mixed gender weekly open support group facilitated by volunteers • A programme of monthly workshops aimed a promoting good mental health, delivered by paid 'guest' facilitators • A short, closed course for those wishing to make changes to their self harming behaviour with a focus on wellbeing, with additional support for participants during the process. The course was co-produced by facilitators with personal experience of self-harm, developed • Opportunities for involvement in improving local services for people who self harm. We are currently involved in training A&E staff <p>Feedback about our services clearly hi-lights the benefits of providing a safe, confidential space for people who self-injure to attend and share support. Past experience has demonstrated that the role of the facilitators is instrumental to the success of these self help groups. SISH is delighted to be in the position to be actively recruiting for more volunteers to fulfil these challenging yet rewarding roles.</p>	

Person Specification and Role Description

Role Description

As a SISH facilitator you will work in a small team of volunteers. Facilitators are partnered to reflect their collective range of skills and experiences. Together, you will provide weekly open support groups session for individuals aged 18+ for whom self injury is a past, present or potential issue. You will be responsible for setting up before the group, meeting and greeting members, and opening and closing sessions. As a self-help group it is expected that group members will take most responsibility for the main content of the meeting, the facilitators role is to notice, assist and help the group out if necessary.

There are also some monitoring and promotion tasks to be carried out to support the work of the group.

As a valued member of SISH your views and practical input is crucial in shaping the group's future direction.

We are seeking volunteers who:

1. Are over 18 years old male or female
2. Have patience and are willing to work with a non-directive and empathic style of facilitation.
3. Recognise the importance of supervision and are committed to regularly attending the supervision provided
4. Have an excellent understanding of self-injury.
5. Demonstrate the resilience necessary to work confidentially with sometimes high levels of distress.
6. Understand the difference between self-help support and therapy, and are committed to working within the SISH self-help model.
7. The ability to separate own issues (past, present or future) from role as facilitator, and are actively interested in personal development
8. Are able to work inclusively with a broad range of people in a group setting
9. Are able to commit to the group 2/3 times a month as a team of facilitators.

Equality and Diversity

- SISH is recruiting for facilitators of the mixed group, so are actively seeking to recruit **both male and female volunteers**.
- We also recognise the rich diversity of culture, ethnicity, sexuality, class and disability present in Bristol, and would value applications from any background that reflects this picture.
- DBS checks and references will be taken up, although a criminal record will not necessarily be a bar to volunteering
- We welcome applicants with lived experience of self- injury and/or mental health issues.

What we offer volunteers:

1. Excellent support, supervision and training
2. An opportunity to develop group facilitation skills within an experienced organisation
3. Volunteer expenses (£4 per session for travel)
4. Reference (after 4 months)
5. An opportunity to be part of the wider SISH development team
6. A friendly, non hierarchical structure where all participation is value