

# Self Injury Self Help group (SISH)

**Job type:** Volunteer Facilitators

## **Details:**

SISH is a small Bristol based registered charity which has been offering a confidential and non-directive support group for people who self harm and Wellbeing Workshops for over 13 years. We currently offer:

- A men and women's weekly peer support group facilitated by volunteers
- A programme of monthly wellbeing workshops, delivered by paid 'guest' facilitators
- A course for individuals wanting to make positive changes to their use of self injury, focussing on wellbeing, facilitated by peer volunteers
- Opportunities to be involved in improving local services for people who self harm

**To find out more visit [www.sishbristol.org.uk](http://www.sishbristol.org.uk)**

We are seeking Volunteer Facilitators to join the current volunteer group to co-facilitate the women's and men's support group on Tuesday evenings 6.30 to 8pm. We provide training for facilitators and monthly group supervision provided by an experienced counselling supervisor.

**We are seeking a further 6 Volunteer Facilitators:**

SISH values diversity and welcomes applicants from all groups, cultures and identities, including those with lived experience of self injury and/or mental health issues. We are pleased to welcome applications from men as well as women.

**How to apply:** attend information evening, submit application; be interviewed

**Application pack:** download from [www.sishbristol.org.uk](http://www.sishbristol.org.uk)

**Information evening:** Thursday 3<sup>rd</sup> March 7- 8pm at Bristol Mind 35 Old Market BS2 0EZ,

**Interviews:** evenings 7<sup>th</sup> March and 9<sup>th</sup> March

**Training and induction:** Saturday 12<sup>th</sup> and Saturday 19<sup>th</sup> March 10-4pm

There is a FAQ sheet which can be downloaded from [www.sishbristol.org.uk](http://www.sishbristol.org.uk) If you would like any further information then please email [sishbristol@gmail.com](mailto:sishbristol@gmail.com) and someone will get back to you. Please bear in mind that everyone in SISH works as a volunteer, so emails may not get responded to immediately.

**Is a job pack available:** Yes

**Is an application form available:** Yes

**Contact email:** [sishbristol@gmail.com](mailto:sishbristol@gmail.com)

**Organisation name:** Self Injury Self Help group (SISH)

**Closing date:** Friday 4<sup>th</sup> March