

HARINGEY WELLBEING NETWORK VOLUNTEERING ROLE **(WELLBEING & ADVOCACY)**

MIND in Haringey is a small busy voluntary organisation which runs various projects for people with mental health problems. We are based in a three-storey building just off Stroud Green Road, between Crouch End and Finsbury Park. The offices are non-smoking.

The Haringey Wellbeing Network (HWN) is a service that is commissioned by NHS Haringey Clinical Commissioning Group. HWN is led by Mind in Haringey and works in partnership with other organisations such as Bridge Renewal and Tempo to provide targeted preventative services to mental health service users with moderate to severe mental health needs.

Wellbeing & Advocacy is part of the HWN and works with mental health service users to provide advocacy, namely empowering clients to access and assert their rights. This takes place in the context of wellbeing which enables clients to identify difficulties for example making and sustaining relationships. Psychological tools are used to assist clients to improve their wellbeing. In addition, through Social Prescribing clients are assisted to access and navigate support.

The Days & Times

The MIND office and phone lines are open from 9.00– 5.00.
The hours you would volunteer are negotiable and can be related to any education/training or support program you are involved with.
We would like you to offer a regular time commitment, so that we can fit you onto a rota with other volunteers.

VOLUNTEER WELLBEING ADVOCATE TASK DISCRIPTION

To offer information about mental health services and local services in the borough of Haringey for clients to make an informed choice.

To work with clients to improve their wellbeing using a range of tools.

To assist clients to access and navigate services.

To empower clients in accessing and asserting their rights.

To be able to do your own administrative tasks, for example type letters.

To attend training and supervision.

To work within Mind in Haringey's policies and procedures.

Essential Criteria

You need to be able to work within MIND's philosophy, which is to involve mental health service users in its activities and decision-making and to work in a non-judgmental way.

Commitment to the right of access to appropriate services for people who use mental health services.

Good communication skills.

Willingness to attend training and to use supervision during your time as a volunteer.

Ability to listen and be supportive.

Commitment to mental health service user involvement.

You need to have assertiveness skills: for instance:

- **to recognise and be** able to ask for help when you need it.
- **to be able work with clients who sometimes may be challenging.**
- **to be clear about the limitation of your role.**

Willingness to work within Mind's policies and procedures

Desirable

Some knowledge of using psychological tools or experience of advocating on the behalf of mental health service users.

People who have had mental health needs or have used mental health services are welcome to apply.

If you would like an application pack, please contact:

Patricia Aboagye
Haringey Wellbeing Network Coordinator
Tel: 0208 340 2474
Fax: 0208 340 8308
[E-mail:Patricia.Aboagye@mih.org.uk](mailto:Patricia.Aboagye@mih.org.uk)