

## Volunteering

### Wellbeing group volunteer

**Organisation:** Mind in Harrogate District

**Role type:** Volunteer (18+)

**Location:** Harrogate (telephone-based – office-based 9am-5pm Mon-Fri)

**Time commitment:** Minimum of 6 months commitment. Hours to be discussed depending on group needs

---

#### **Role Purpose**

Wellbeing Group Volunteers help create safe, welcoming, and supportive spaces where people can connect, share experiences, and take part in activities that promote positive mental health. This role supports a wide range of group formats, so volunteers need to be adaptable, compassionate, and comfortable working with people from diverse backgrounds.

---

#### **Key Responsibilities**

- Welcoming participants and helping create an inclusive, non-judgemental environment.
- Follow Mind in Harrogate District policies, including Safeguarding, GDPR, Confidentiality, Health and Safety, Equality, Diversity and Inclusion policy
- Supporting group facilitators with the smooth running of sessions (setting up the room, preparing materials, helping with sign-in, etc.).
- Engaging with participants in a friendly, respectful way that encourages confidence and connection.
- Listening sensitively and offering reassurance without giving advice or acting as a therapist.
- Helping maintain boundaries and group guidelines to ensure safety and respect.
- Supporting group activities, which may include creative sessions, peer support discussions, wellbeing workshops, or social groups.
- Noticing and reporting concerns to staff in line with safeguarding procedures.
- Contributing to a positive team culture by communicating openly with staff and other volunteers.

- Assisting with practical tasks such as tidying up, preparing refreshments, or helping participants access resources
- 

### **Skills and Qualities Needed**

- A warm, approachable manner and the ability to build rapport.
  - Good listening skills and empathy.
  - Reliability and a commitment to maintaining confidentiality.
  - Respect for diversity and an understanding of the importance of inclusive practice.
  - Ability to stay calm and grounded in group settings.
  - Willingness to follow Mind's policies, including safeguarding and boundaries.
  - Flexibility to support different types of groups as needed.
- 

### **Training and Support**

Mind in Harrogate District will provide:

- Mental Health awareness training (mandatory every 3 years)
  - Safeguarding training (Mandatory every 2 years)
  - We run quarterly volunteer forums which will include guest speakers and additional training. These are essential to attend.
  - Comprehensive initial training, including listening skills, boundaries and safeguarding
  - Ongoing supervision and support from experienced staff
  - A supportive volunteer team environment
  - Support for your own wellbeing with personalised 1-1
-

## **Safeguarding and Confidentiality**

This role involves working with vulnerable adults. Volunteers must always follow safeguarding, GDPR and confidentiality policies at all times. A DBS check will be required.

---

## **What You'll Gain**

- The opportunity to make a real difference in your local community
  - Experience in mental health support and volunteering
  - Ongoing support and development opportunities
  - Access to Minds staff and volunteer 24/7 confidential telephone counselling support
- 

## **Making an application**

- Complete this application form and select a wellbeing group option [Volunteer Application Form - Mind in Harrogate District – Fill in form](#)
- If you would like any further information about the role you can email [carla@mindharrogate.org.uk](mailto:carla@mindharrogate.org.uk) or call the office on 01423 503335