Volunteer -a volunteer is someone who makes a regular commitment to S2R, for example to help out for an agreed number of days each week, and may carry out a range of tasks depending on what is needed. Examples of tasks that we ask our volunteers to do include preparing for an activity session and clearing away afterwards, making refreshments, keeping the workshop rooms clean and clear and supporting people during workshops or facilitating workshops of their own etc.

Requirements – volunteers need to have some experience of working in a mental health setting, for example they may have been attending S2R sessions regularly over a period of time or they may have worked in another similar organisation. We require two references and may need to carry out a DBS check depending on the work carried out by the volunteer. People may be required to attend further training, volunteer meetings and supervision sessions and certain expenses such as travel can be agreed with their supervisor.

What to do next

If you are interested in helping at S2R please complete an application form and return it to us.

01484 539 531 / contact@s2r.org.uk
Support to Recovery, 5-7 Brook Street, Huddersfield HD1 1EB

Interested in helping out at S2R?

At S2R we run a wide range of different projects which can be loosely put together in the following groups:

- The Great Outdoors Project
- Arts and Craft sessions and courses
- One off events such as exhibitions and celebrations etc

There are many different ways that people can help us to deliver our services. People can share our information on social media, raise funds for us, help out at a particular event or can join S2R and fulfil one of our helping roles.

Please note that the staff who work at S2R can only provide support and supervision to a set number of helpers so we cannot always provide a role for everyone who would like to work with us. However, we do our best to meet people's needs so if we can't offer you a role we'll put you in touch with other organisations who can help you find the right opportunity.

Support to Recovery (S2R)
Registered Charity 1122199 I Limited Charity 6418312

Helping Roles

All our helpers, with the exception of students on placement, are people who have attended some of our events, sessions or courses. If you would like to get involved there are a number of different roles we offer depending on your level of training and experience.

These roles include:

- **Peer Supporter** – someone who has lived experience of mental health and who can offer to welcome and support a wide range of people who attend courses and events here. Roles that peer supporters might do include being a travel buddy accompanying people to outdoor sessions, welcoming new people to a group and generally helping sessions to run smoothly.

  Requirements – you do not need to have any formal qualifications to be a peer supporter but you must have personal experience of mental health. You can take part in sessions at the same time as being a peer supporter but you will need to pay any attendance fees associated with the session and will not be paid any expenses. A peer supporter is not the same as a personal support worker.

- **Champion** – someone who actively promotes S2R and our work, for example this may include sharing our social media posts, giving talks about our work and fundraising or being a contact for us within a voluntary group such as a Park 'Friends of' group.

  Requirements

  Skills you might need for this role include: good social media skills, ability to design and deliver presentations, fundraising experience etc. Champions will not normally qualify for paid expenses.

- **Trustee** – a trustee is someone who oversees the day to day work of the charity and attends regular meetings throughout the year to make sure the organisation's aims and objectives are being met.

  Requirements - The Trustee Board is made up of a range of people with different skills such as accounting, law, human resources and management. Trustees are generally people who have worked in mental health and wish to share their knowledge, skills and experience to support the charity.

- **Micro – Volunteer** – someone who comes along to do a specific task but doesn't make a longer term commitment to S2R.
  An example could be someone who helps out for a couple of days with painting and decorating one of our rooms or who offers to collect and transport some items for us etc.

  Requirements – there are minimal requirements of a micro-volunteer other than they acknowledge and agree to S2R's policies and procedures. There are no expenses paid to micro volunteers.

- **Placement Student** – we work closely with Universities and other higher education providers to offer a number of placement opportunities to suitable students each year.

  Requirements – these are discussed on an individual basis and certain agreed expenses may be paid