

Becoming a See Me Volunteer



Role Description

Volunteer Role Title: See Me Volunteer

Main Contact: Debbie Sangster, Lived Experience Participation Officer

See Me is Scotland's national programme to end mental health stigma and discrimination and our aim is to enable people who experience mental health problems to live fulfilled lives, free of stigma and discrimination.

Volunteers who have lived experience of mental health problems (either personally and/or by their close association with family members or friends) play a vital part in everything we do at See Me and are involved in every aspect of our wide ranging programme of work.

We recognise that lived experience has a value beyond sharing your story and as a See Me volunteer you can take action to challenge stigma and discrimination without sharing any personal details from your life. However, if you do decide that sharing your experiences is the right thing for you then we'll support you to do this, every step of the way.

The Volunteer Programme at See Me aims to tackle change in communities, workplaces, education, health & social care settings and in the media, by supporting and training people to build their confidence and skills to challenge stigma wherever they are, and to inspire others to do so too.

If you have experience and would like to make a real difference to people's lives by tackling mental health stigma and discrimination, then we'd love to hear from you.

Types of activities you might get involved in include:

- Planning and running community events as part of a group or network, with support from and in association with See Me
- Contributing to the development of See Me's resources & training materials
- Speaking at events, meetings or conferences to give your own perspective on mental health stigma and discrimination (or share your own story if this is something you're comfortable with)
- Supporting the planning, development and facilitation of events or workshops to share knowledge and change behaviour in a variety of settings, including education (e.g. schools, colleges) and youth work, healthcare and social care, workplaces and within communities
- Influencing policy, local service design and delivery through consultations
- Speaking to the media via a press release or interview to help promote a new campaign or piece of work

What we're looking for:

- An interest in challenging mental health stigma & discrimination
- Some knowledge or experience of how mental health stigma and discrimination affects people
- Commitment to be involved in regular activities and events, whether that's running your own events in your community, leading on events or workshops using See Me resources or taking part in See Me led sessions and events
- Willingness to engage with See Me, attend training and development sessions, and help to raise awareness and grow the Social Movement in a way that is right for you
- Be able to be contacted by phone and email to make sure you're aware of upcoming volunteering opportunities

What you could gain:

- Access to regular training and development opportunities to build your confidence and skills, including; facilitation skills, planning & delivering events and projects, media training & public speaking and community engagement
- The chance to learn and share skills with other See Me volunteers and staff
- Opportunities to attend a wide variety of events and meet lots of like-minded people
- A platform to discuss the issues around stigma and discrimination that really mean something to you
- Being part of a supportive peer-network of volunteers who share your desire to end mental health stigma and discrimination
- The satisfaction of knowing that you are helping to change attitudes and behaviour towards people with mental health problems as part of our Movement for Change
- A chance to have fun!

Good to know

Induction training and support

All volunteers with See Me are required to attend an initial group session online, followed by a full day induction training. This will be held in person on Wednesday 15th November 2023 (either a Glasgow or Edinburgh location, venue is to be confirmed). A Basic Disclosure check is also required for this role, more details will be given at induction training.

The main point of contact through the recruitment process is the Lived Experience Participation Officer, Debbie Sangster. After the initial induction training there will be on-going support from Debbie and other See Me staff.

Time Commitment & Location:

Volunteering opportunities with See Me are a mixture of online events & sessions and in person events & meetings at various locations across Scotland. The time commitment for this role is flexible and is based on your own circumstances and areas of interest but, at times, travel may be required to take part in certain opportunities.

Expenses:

We want to make sure that you're not left out of pocket through volunteering with us, so all reasonable expenses will be reimbursed. Travel, food costs etc. should be agreed in advance with the See Me staff member who is the main contact for the event or activity you're going to be involved in, and in line with the See Me expenses policy.

The recruitment process

We need to know that being a volunteer with See Me is right for you. The recruitment process will give you an opportunity to learn more about the role and decide if it's the volunteering opportunity you're looking for.

The first stage involves completing a short application form. The deadline for this is **Friday 20th October 2023**. Completed application forms should be returned to us via email to the following email address: volunteer@seemescotland.org.

NOTE - If writing an application form is not the right thing for you, then no problem! Please feel free to film yourself answering the questions instead or you could record a voice note on your phone and send the video or voice note to Debbie via WhatsApp on 07712 544 597. If neither option is good for you then please get in touch with us via email to discuss other options.

The second stage involves attending an informal group session online with other applicants and See Me staff members. This will give you a chance to find out more about the role and the type of activities you could become involved in as a volunteer, and will also give us a chance to get to know you and make sure becoming a See Me volunteer is the right role for you.

STAGE	TIMESCALE
Recruitment opens	Monday 2 nd October 2023
Closing date for applications	Friday 20 th October 2023
Shortlisting and contacting all applicants	Week commencing 23 rd October 2023
Online group sessions <i>(NOTE – you must be available to attend one of the sessions listed)</i>	Wednesday 1 st November 2023 (6-8pm) OR Friday 3 rd November 2023 (10-12pm)
Full day induction training in person <i>(Glasgow or Edinburgh location, venue TBC)</i>	Thursday 16 th November 2023

Please note:

- **There is a limit to the number of volunteers we can recruit and support at any one time.** With this in mind, and in alignment with our Volunteering Strategy 2021-26, See Me recognises the importance of proactively supporting diversity and so if we receive more applications than we are able to accept during this phase of recruitment, we will focus on trying to ensure we have a good representation from different communities, backgrounds and experiences that are not currently represented (or are underrepresented) within our pool of existing volunteers.

If you have any questions about the application form, recruitment process or the role, then please get in touch with Debbie Sangster at the following email address: volunteer@seemescotland.org