

Community Champion Role Description

Community Champions are trained to be leaders in their local area. They take action against stigma and discrimination in a variety of ways. The community champion programme aims to change communities, by supporting and training people to build their confidence and skills to challenge stigma and inspire others to do so.

Common activities of a champion include:

- Encouraging and inspiring others to tackle stigma and discrimination in their local area
- Making links with existing groups and networks that may want to be involved including professional organisations
- Helping others in the community identify local issues related to mental health stigma and discrimination
- Leading and facilitating a group of individuals to devise ideas and projects to challenge stigma
- Planning and running community events as part of a group or network in association with See Me
- Providing information about See Me's work and current campaigns to others in the community

N.B – these are just an idea of what opportunities you could be involved in, you are not expected to do all these and this is not an exhaustive list.

Recruitment:

The first stage involves you completing and returning a short application form. The deadline for this is the **29th February at 5pm**. Completed applications are to be returned to Rebekah Moore. This can be done via email (Rebekah.moore@seemescotland.org) or via post: Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ.

If successful with your application, the second stage involves attending an informal group selection session where you will be asked to take part in group tasks and will also have a chance to discuss individually with staff the role in more depth and the volunteer's and staff's expectations.

After the group selection, you will be informed if you have been successful in becoming a volunteer Community Champion and given details the training dates. If

we feel that your skills and experiences would be suited more to a different role with See Me we will discuss this with you.

Training and support:

You will need to commit to attending 4 days training from March –June. Between the training sessions you will be asked to complete tasks and make contact with your mentor.

The main point of contact at See Me is Rebekah Moore, Programme Officer, who will be mentoring the champions throughout the training. After the training there will be on-going support and mentoring from See Me staff.

You will also be able to network with other champions through the Champion's Forum. There will also be networking events held periodically.

Time Commitment:

Activities related to this role will take place either during the day, or in the early evening, and travel may be required. See Me wants to make sure that money is not a barrier to volunteers, so childcare, travel, food costs will be covered if paying these expenses will enable you to take part in this programme.

This role will require regular activity - **time will be required approximately once a month for a few hours.** This could be less during some times of the year and more nearing an event. Again, this will be flexible to your needs and availability.

The training programme will take place over a 5 month period, in this time you will be expected to come to 4 training days (approximately one a month) and complete tasks in between training sessions to supplement your learning as well as meeting with your mentor. After this training period, champions will be expected to participate co-operatively with local See Me community projects and maintain regular contact with See Me staff.

Location:

As a Community Champion you will be mainly active in your local area. It can be discussed during recruitment how far you are willing or are able to travel. There may also be national events or meeting that you will be invited to, this is likely to be only a few times a year.

What we are looking for:

Below are some of the attributes that we feel would be desirable in a Community Champion.

Skills

- Leadership skills and experience in a leadership role
- Ability to build relationships and work as part of a team
- Facilitation and presentation skills
- Good problem solving skills
- Good organisational and time-keeping skills
- Basic computer/administrative skills

Knowledge

- Some knowledge of how mental health stigma and discrimination affects people
- Ability to record data from events and write basic reports

Experience

- Experience of working with others in a group setting, ideally with people with lived experience
- Experience of designing and delivering community based events

Attitude

- Commitment towards challenging mental health discrimination and challenging inequalities in communities
- Ability to be flexible and to use own initiative
- Commitment to personal development and participating in reflective practise
- Commitment to spending time volunteering with others on an action project in your community
- Willingness to travel in your local area

What you could gain:

You'll be trained in community development and participative practise and gain knowledge on how to design and run anti-stigma projects. By being involved as a Community Champion you'll attend a variety of events and meet lots of new people. You'll also have the satisfaction of knowing that you are helping to change communities' attitudes and behaviour towards people with mental health problems as part of our movement for change.

If you have any questions about the application or the role please get in touch with Rebekah Moore.



Email: rebekah.moore@seemescotland.org

Direct Dial Number: 0141 530 1093

Mobile Number: 07803 203 652

Office Address: Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ

Further details are available on the website <https://www.seemescotland.org/our-movement-for-change/supporters/champions/>