

Volunteer Role Title: Community Champion

Department: Communities Team

Main Contact: Maeve Grindall, Volunteer Coordinator

Community Champion Role

See Me's vision is to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

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.

What we are looking for:

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.

Recruitment:

We need to know that being a Community Champion is right for you. The recruitment process will give you an opportunity to learn more about the role and decide whether it is the type of opportunity you are looking for.

Recruitment Stages:

- 1) Complete and return a short application form and return it to maeve.grindall@seemescotland.org by **13th January 2017**.
- 2) If successful with your application, you will be invited to attend an informal group selection session in Aberdeen on **Thursday 9th February** 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
- 3) After the group selection, you will be informed if you have been successful in becoming a volunteer Community Champion. 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.
- 4) If you are successful you will need to be available to attend training in Aberdeen on **Thursday 23rd & Friday 24th February, Thursday 23rd & Friday 24th March and Thursday 20th & Friday 21st April**. (The format will be a half day followed by a full day).

Training and support:

All our Community Champions are required to attend full community champions training over a 4 month period. **A Disclosure check is required for this role.**

The main point of contact at See Me is Maeve Grindall. 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 and Champions' quarterly meetings. There will also be networking events held periodically.

Expenses:

Activities related to this role will usually take place either during the day, or in the early evening, and travel may be required. See Me wants to make sure that you are 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 your main contact at See Me in line with the See Me expenses policy.



Time Commitment:

This role will require regular activity. 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 4 month period, in this time you will be expected to come to 4 full days of training, or 3 1½ day sessions depending on the delivery format. There will also be tasks to complete 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 and you and your named contact will discuss how far you are willing 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.

For more information about the Champions Programme please contact See Me Volunteer Coordinator, Maeve Grindall (maeve.grindall@seemescotland.org / 0141 5301022).