

Volunteer



Mentor

The MACS Wellbeing Support Team facilitate a volunteering service supporting children and young people to live the dream and succeed with inspiration from volunteers.

Person Specification
Skills
You should have an ability to verbally communicate with children and young people on all levels and have good listening skills
Ability to build purposeful and nurturing relationships with children and young people
Ability to support children and young people to set and achieve goals
Personal qualities
Resilient and compassionate towards our children and young people
Openness to being challenged and ability to seek and receive support
Self-motivation and ability to motivate others
Willingness to try new things and challenge yourself
Values
Work within the ethos, values and culture of MACS
This role is a REGULATED ACTIVITY. Therefore, in order to volunteer you must be willing to undertake an Enhanced Level Access NI check. Please discuss with worker if you have any queries with this process

MACS Volunteer Support:

- ◆ We reimburse volunteers for their travel at 45p per mile or the cost of their public transport ticket. Mileage is claimed monthly, tickets for travel can be claimed as and when.
- ◆ You will be covered by insurance for your volunteer activities.

ROLE DESCRIPTION: 1-2-1 MENTOR

Responsible to: Wellbeing Manager
Day to day support provided by the team

Locations: Across all MACS locations

Role Overview: The Wellbeing Support Service provides mental health support and mentoring to Young People aged 16-25. Volunteer Mentors will support a Young person from the Wellbeing Support Service to achieve a personal SMART goal set at the beginning of the mentoring match. Volunteer Mentors meet with their match weekly over a period of 12 weeks completing activities based on the young person's interests which also help reduce social isolation, increase their social networks and help improve their mental health and overall wellbeing.

Key tasks:

- To support Young People aged 16-25 years who haven't had a fair deal
- To provide 1 to 1 support to Young People ensuring this is underpinned by MACS ethos and value base
- To offer support to Young People with goal setting and achieving their dreams
- To develop purposeful and nurturing relationships with Young People
- To have fun with Young People
- To adhere to Health and Safety policies and procedures as outlined in MACS training
- Adhere to Child Protection, Vulnerable Adult and Lone Worker policies to safeguard Young People, staff and volunteers.
- To accept support and direction from Wellbeing staff.

Time & Commitment:

- Complete MACS Volunteer Core Training and Induction
- To Attend 1 MACS 'top up' training per year.
- Meet a Young Person once a week for 2-3 hours for a 10 week period
- Meet with worker monthly for one to one supervision
- Keep in weekly phone contact with Wellbeing worker for 'check ins'
- Attend mentoring programme mid-point review and end evaluation
- Engage in one-to-one and group supervision as required
- To complete annual Child Protection training (1day)
- You must volunteer a minimum of 5 hours each year.