



Recruitment Pack
Bounce Forward Volunteer
2019

Who are we?

Our vision is mental wellbeing for all. We want Lancashire to be the beacon county for mental wellbeing. This is because a person with high mental wellbeing is more likely to be happier, healthier and more resilient, and is less likely to develop a mental health condition.

We are more than a mental health charity.

We're a passionate movement leading the wellbeing revolution in Lancashire.

Approximately 1 in 4 people in Lancashire are currently living with a mental health condition. The vast majority play an active role in society with a significant proportion in active employment.

Lancashire Mind believes that no matter the severity of a mental health condition, the person living with it still has the right and ability to be an equal in society and to experience the positives and negatives that this brings.

All our projects and all our services exist to enable us to achieve our vision. Lancashire Mind believes that by working together we can revolutionise attitudes, challenge perceptions and alter provision and we therefore encourage you to apply to become part of our movement.

Lancashire Mind is part of a network of over 140 local Minds that have a combined income of 90 million pounds per year. As a county-wide organisation turning over around one million pounds per annum, Lancashire Mind is one of the largest of the individual members of the network.

Lancashire Mind is an independent charity and is not financially, operationally or strategically dependent on National Mind; we work in partnership with them.

What do our volunteers say?

“Volunteering for Lancashire Mind is one of the few things in life that helps prove your worth. I don't just mean it looks good on your CV... I mean it helps you grow as a person and learn things you might not have learnt anywhere else.”

James, Admin Volunteer

“I fundraise for Lancashire mind after I lost my daughter to suicide... I want to raise awareness of mental health and get the charity into the schools in my area to work with young children and teenagers and hopefully stop someone going through what I'm going through...”

Pud, Fundraising Volunteer

“As a volunteer you have the privilege of being a part of the Lancashire Mind movement; knowing that your contribution, no matter how big or small, is helping to make a positive difference to the lives of so many people every day.

The staff are welcoming, make you feel a part of the team and really value your input. Since I started volunteering, I've been given training opportunities as well as the chance to develop and shape my volunteer role.”

Emma, Media Volunteer

“I like volunteering with Lancashire Mind and they are a professional organisation with training available. I have fun working with young people celebrating their resilience and future dreams and hoping I can share my experiences.”

Pat, Bounce Forward Volunteer

Volunteer role description

Role title: Bounce Forward Volunteer

Hours: 2 hours per week with a minimum commitment of one term

Responsible to: Bounce Forward Team

Location: Blackpool, with travel to other areas of Lancashire

Role overview

HeadStart Blackpool is one of Big Lottery's projects aimed at improving mental wellbeing in young people, aged 10-16, reducing the number that go on to develop mental health challenges. Lancashire Mind are working in partnership with HeadStart Blackpool to deliver Bounce Forward. Bounce Forward is a universal, preventative resilience programme delivered in Year 5 classrooms across Blackpool to help young people develop the skills from an early age to help them *Bounce Forward* in tough times.

We are looking for committed, hardworking and enthusiastic individuals to volunteer alongside the Wellbeing Coordinators in our Bounce Forward project in schools. Working with a whole year 5 class, the only requirements you need are that you have a passion for helping young people develop the skills they need to overcome life's challenges.

You will receive an induction and will be fully trained by the staff to prepare you for your role. You will be invited to attend team meetings and have regular group or 1:1 supervision. As a Bounce Forward Volunteer your role will be crucial in engaging children and young people to participate in a preventative service and be a part of the Resilience Revolution across Blackpool.

Please note that this post will be subject to an enhanced Disclosure and Barring Service (DBS) check.

Main duties and responsibilities

- Supporting the Wellbeing Coach Lead, Wellbeing Coordinators and Bounce Forward Worker with the delivery of Bounce Forward in primary schools across Blackpool.
- Assisting with resource management throughout delivery in a classroom environment.
- Identifying and working with groups or 1:1 with children who may need more academic or emotional support.
- Engaging children and young people with our programme through enthusiasm and encouragement.
- Follow Lancashire Mind's policies and procedures at all times, especially safeguarding.

What we can offer you

- Recognition of the role that you are carrying out in support of Lancashire Mind.
- The appropriate training.
- An opportunity to feedback about your role.
- Reimbursement of agreed out of pocket expenses.
- Ongoing support from your direct line manager, including regular group or 1-2-1 supervisions and invitations to team meetings.

We are looking for people who:

(please still apply even if you feel you do not meet all the below – full training will be provided)

- Are friendly and enthusiastic and work well within a team.
- Are willing to be flexible in different classroom environments.
- Are reliable and good communicators.
- Have an ability to maintain professional boundaries.
- Are honest and act with integrity.
- Have an understanding of and commitment to equal opportunities.

To apply

Please complete the application form that can be found on the website and email it to admin@lancashiremind.org.uk, please include the volunteer role title you are applying for in the subject title. If you wish to post your application, please post it to:

Jade Gregory-Haselden,
Lancashire Mind,
80-82 Devonshire Road,
Chorley,
Lancashire,
PR7 2DR.

The deadline for this round of applications is **10am on 2nd August 2019**.

Informal interviews for this post are scheduled to take place on **9th August 2019**. You will also need to come to the office on **12th August** to complete your DBS check (this date can be rearranged if necessary). There will also be a team meeting on **6th September** which you'll be invited to attend.

