

Volunteer Role Descriptions

Recovery Group Volunteers

- Support Restore's members on their recovery journey through supporting staff in creating a safe, comfortable and enabling environment for those attending the Recovery Groups.
- Empower members to engage with activities and encourage participation, support members to be heard and to express their views and ideas.
- Activities might include, but are not limited to, gardening, cooking, art, crafts, woodwork and ceramics.
- We have four Recovery Groups in Oxfordshire- two in Cowley, one in Didcot and one in Banbury.

Cafe Volunteers

- Support members and staff in running the cafe/shop, by cooking, baking, preparing drinks, serving customers, and restocking the shop.
- Help to build the confidence of individual members by supporting them to learn new skills in a safe environment.
- Ensure the environment is comfortable, clean and well maintained to create a therapeutic setting for Restore's members.
- We have two cafe sites- Littlemore and Cowley.

Opportunities Project

- Join a friendly team in this volunteer-led role, visiting acute psychiatric wards to provide signposting and information to patients.
- Provide patients with the information they need to engage in meaningful activities once they are discharged, including work, volunteering, or other supportive activities.
- Deliver information about local services, including Restore, that patients may wish to get involved with to support their recovery after hospital admission.
- Gain experience in liaising with health professionals on the wards, including occupational therapists, and become familiar with local services.

Marketing, communications and fundraising

- Support the Fundraising and Communications team at Restore (based at Manzil Way) with activities such as creating social media content, writing bids for funding and organising events from raffles and auctions to summer festivals.
- Get involved with promoting Restore events and services, including engaging with other organisations to ask for support with fundraising and sharing the work that Restore does.
- Help to develop and market Restore's brand so that we can continue to provide vital mental health support across Oxfordshire.
- Build on your communication skills, both written and verbal, IT skills, and creativity.

We also have opportunities for people with skills in maintenance to maintain Restore sites, and for people wanting to volunteer on an ad-hoc basis at one off events- contact the Volunteering team for more information!

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FAQs:

Q: What mental health experience/training do I need?

You do not need any specific mental health experience to volunteer with Restore. You will not be providing direct mental health support, facilitating 1-1's sessions, or providing counselling to members, but you will receive training that encourages you to work confidently alongside members during their recovery.

Q: What attitudes and values are important for volunteering a Restore?

Some key attributes and skills include:

- A non- judgemental and respectful attitude
- Commitment to empowering others
- Ability to listen, without offering advice
- Team working and valuing others opinions and experiences
- A positive attitude towards mental health, and belief in recovery
- Reliability and flexibility within the role

Q: What time commitment is required?

Typical hours for Recovery Group and Cafe volunteers are 9.00-3.30, Monday to Friday. The Opportunities Project is 12.30-3.00 on Thursdays.

Most volunteers volunteer one day a week, either weekly or fortnightly. We ask that you can commit to attending on a regular basis for at least 6 months.

Q: What training and support is available?

All volunteers attend an Introduction to Restore training session, and there is additional role-specific training once you have started. Volunteers who have demonstrated ongoing commitment may be invited to attend Mental Health First Aid training. You will receive support from a staff supervisor and from the Volunteering team throughout your time at Restore.

Other support offered includes reimbursement of out-of-pocket expenses, and free lunch with the group if you are volunteering for a full day.

Q: I need a placement as part of my college/university course- can Restore provide this?

We do have some options for student placements, however, this will depend on the requirements for your course. Volunteers do not provide counselling or 1-1 support for members, so Restore may not meet the requirements of your placement. We also require volunteers to commit to attending for 6 months. Please get in touch if you have any questions about whether Restore would be suitable for your placement.

Q: I can only volunteer at the weekends- can I still get involved?

All the opportunities listed above are available during working hours, Monday to Friday. If you are not available during these times, you could consider signing up as an events volunteer, to support Restore at one off events. These often fall on weekends. This might involve helping to set-up and run stalls, giving out leaflets, or cheering on Restore participants at a challenge event.