

Support Group Facilitator Role Description

Why do we need your help?

We run a number of online and in-person support groups across Scotland that bring together people living with bipolar to share and learn from one another. We believe that peer support can help people to feel less isolated, develop insight into their condition and learn new ways to cope and move forward. To do this, we need passionate facilitators to help ensure the groups take place regularly and are welcoming, safe, inclusive and positive for everyone who attends.

What will I be doing?

- Alongside a co-facilitator, you will facilitate a support group once or twice a month for 1-2 hours.
- You'll be welcoming people, encouraging discussion and dealing sensitively with issues or conflict that may arise within the group meeting.
- You'll play an important role in ensuring meetings run to time and that everyone has an opportunity to share if they choose to do so.
- You'll be responsible for emailing meeting reminders to group participants and submitting brief statistics to Bipolar Scotland after each meeting.

What skills and experience do I need?

- Passion for supporting and empowering others.
- We welcome applications from people living with bipolar, or experience supporting others with bipolar or another mental health condition.
- Experience of engaging with groups previously would be an advantage, but not necessary.
- A belief that everyone can work towards their own personal mental health recovery, and an understanding that this will look different for each person.
- Excellent listening and communication skills.
- Good IT skills.
- The ability to commit to facilitating a meeting once or twice a month – reliability is essential.
- A commitment to confidentiality.

What can I gain from volunteering with Bipolar Scotland?

- You'll be making a difference to the lives of people who attend the support groups.
- Increase your confidence and gain valuable experience supporting others.
- Regular support and supervision.
- Access to specialised training.
- Ongoing development through opportunities to take part in reflective practice discussions.

Practical Considerations

We will require a PVG check for this role, as well as two references.

If you are facilitating an online meeting, you will volunteer from home and require an internet connected device as well as a private space.

If you are facilitating an in-person meeting, you will be able to claim travel expenses for reimbursement.