

ScarboroughSurvivors

Mental Health Resource Centre



The services of Scarborough Survivors are commissioned and funded by NYCC Health and Adult Services
Our Crisis Café is funded by NHS North Yorkshire CCG



Scarborough Survivors is a coastal mental health and wellbeing hub supporting the Borough of Scarborough.

A self-help charity run by and for people affected by mental health problems - people who understand from personal experience

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Or find us on Twitter & Facebook

ScarboroughSurvivors

Mental Health Resource Centre



VOLUNTEER WITH US



Volunteer Opportunities

Scarborough Survivors Mental Health Resource Centre
9 Alma Square YO11 1JR

Established 1994 Registered Charity No. 1044058

Queen's Award for Voluntary Service
(MBE for voluntary groups) 2017



About volunteering with us Scarborough Survivors provides a safe place for anyone aged 16 and over to drop-in, socialise, join in activities and access support.

We are open 7 days a week to anyone who has experienced poor mental health. It is free to join but we expect everyone – members, volunteers and staff - to comply with centre rules to ensure a safe and respectful space for everyone always.

Volunteers play a key role in enabling social contact so that everyone feels welcome and supported. Thanks to the dedication of volunteers, we can provide a broad range of activities, services and support in the resource centre. No formal education is required.

The majority of volunteer roles involve direct engagement with our members. Volunteers help to ensure that our members receive a friendly, respectful and polite service at all times. If you are non-judgemental, able to listen, can maintain confidentiality at all times and are reliable you have all the qualities we look for in a volunteer.

We can offer training and support (including safeguarding and mental health first aid) and hold regular volunteer meetings to ensure our volunteers feel part of a team and able to give feedback and contribute ideas and suggestions.

We ask volunteers to complete and provide a referee (someone known to the applicant for at least a year).

Resource Centre Opening Times

Monday – Sunday, 11.30am – 4.30pm

Crisis Café Opening Times Monday-Sunday 7.30pm – 1am We ask volunteers, if possible, to cover a half-day session on a rota (either 11.30am – 2pm or 2pm – 4.30pm)



Coffee Bar

As part of providing a friendly and welcoming space, the coffee bar volunteer should be able to approach members and visitors and ask them if they would like any refreshments and, when not making or serving, chat to members to encourage social contact.

Volunteers must follow the correct procedures to ensure that hygiene standards are always maintained. Helping with the coffee bar involves a small amount of cash handling and awareness of good hygiene practices.

Positive Buddy

We aim to provide as much support for our members as possible. When someone has poor mental health, they find coping with day-to-day life particularly challenging. A positive buddy is someone who offers one-to-one support to enable the following (but not exclusively):

- ⌘ A dedicated listening ear
- ⌘ Help to reduce isolation
- ⌘ Proactive techniques to help manage and improve mental wellbeing
- ⌘ Reconnect with the local community
- ⌘ Increase confidence and self-esteem
- ⌘ Reduce the stigma around mental health
- ⌘ Advocate when required
- ⌘ Encourage autonomy at all times

In exchange for a commitment of 2 hours per week, positive buddy volunteers will receive in-house accredited training in suicide prevention and mental health first aid and safeguarding. A DBS check is required.