

## Peer Support Group Facilitator - Role Description

### About The Anthony Seddon Fund

The Anthony Seddon Fund is a peer-led mental health charity based in Ashton-under-Lyne. We provide a safe, welcoming, and inclusive space where people can access support, connection, and activities that promote positive mental health and wellbeing.

Our centre offers a range of peer support groups, wellbeing activities, community events, and drop-in support sessions, helping people feel less isolated and more connected within their community.

Volunteers are a vital part of the support and community we provide. Many of our volunteers bring lived experience, compassion, and understanding to their role, helping create the welcoming and supportive environment TASFund is known for.

### About This Role

Peer Support Group Facilitators help create safe, welcoming, and supportive spaces for people attending structured peer support groups at The Anthony Seddon Centre.

Unlike general peer support roles within the drop-in, this role focuses on helping facilitate specific groups or sessions, such as bereavement support, men's mental health groups, wellbeing discussions, or other themed peer support spaces.

The role involves helping guide conversations, encouraging participation, and supporting group members to feel heard, respected, and included. You do not need to be an expert or professional counsellor to volunteer in this role. The most important things are being approachable, compassionate, calm, and able to support a positive group environment.

### What You Might Be Doing

- Welcoming people into the group and helping them feel comfortable and included
- Supporting group discussions in a calm, respectful, and non-judgemental way
- Helping create a safe and supportive atmosphere where people feel able to share
- Encouraging participation while respecting people's individual comfort levels and boundaries
- Helping guide conversations and keep discussions focused and respectful
- Supporting group wellbeing and helping manage group dynamics appropriately

- Recognising when someone may need additional support and seeking support from staff where needed
- Supporting with practical tasks such as setting up rooms, refreshments, attendance sheets, or tidying away
- Working alongside staff and other volunteers to help groups run smoothly
- Feeding back any concerns, safeguarding issues, or wellbeing concerns to staff appropriately

## **What We're Looking For**

We're looking for people who are:

- Warm, approachable, and non-judgemental
- Good listeners who are comfortable supporting conversations within a group setting
- Calm, patient, and respectful of different experiences and perspectives
- Comfortable encouraging participation while respecting boundaries
- Reliable and able to commit to regular group sessions where possible
- Able to work as part of a team and seek support when needed
- Respectful of confidentiality, safeguarding, and professional boundaries
- Open to learning and taking part in relevant training and supervision

You do not need formal qualifications or professional mental health experience to apply for this role.

## **Helpful but Not Essential**

The following experience or interests may be helpful, but are not required:

- Experience of peer support, mentoring, or facilitating groups
- Lived experience of mental health challenges or recovery
- Experience supporting people in community, voluntary, or support settings
- An understanding of mental health, wellbeing, or peer support approaches
- Confidence speaking within small groups or helping guide conversations

## **Support & Training**

All volunteers receive an induction, support during their trial period, and access to relevant training to help them feel confident and supported in their role.

You will have regular opportunities to check in with staff, ask questions, and discuss any support or development needs. Additional training opportunities may also be available depending on your role and interests.

You are never expected to know everything straight away; volunteering at TASFund is a learning experience, and support is always available when needed.

## **Important Information**

Volunteers are expected to maintain appropriate boundaries, respect confidentiality, and follow TASFund policies and procedures while carrying out their role.

Some volunteer roles may involve supporting people who are experiencing emotional distress or difficult situations. Volunteers are not expected to provide counselling, therapy, or crisis intervention, and support from staff will always be available where needed. Volunteers should always work within the boundaries of their role and seek support from staff whenever needed.

Certain roles may require a Disclosure and Barring Service (DBS) check. If this applies to the role, this will be discussed with you as part of the recruitment process.

## **Time Commitment**

This role is flexible and based around the schedule of peer support groups and activities taking place at the centre.

Many groups run weekly or fortnightly, and we ask facilitators to commit to regular attendance where possible to help create consistency and trust within the group environment.

Some groups may take place during evenings depending on the type of session being delivered. Availability and group preferences will be discussed during the recruitment and induction process.

## **What Volunteers Receive From Us**

We truly value the time, skills, and experiences our volunteers bring to TASFund. In return for your support, we aim to provide a positive and rewarding volunteering experience through:

- A friendly, welcoming, and supportive environment
- Induction, training, and ongoing development opportunities
- Regular support and supervision
- Reimbursement of reasonable agreed expenses
- Volunteer recognition and appreciation events
- Opportunities to build confidence, skills, and experience
- References for volunteers who complete an agreed period of volunteering

Volunteering can also be a great way to meet new people, build confidence, develop skills, and support your own wellbeing while making a difference in the community.



## **Interested?**

If you are interested in this role, we'd love to hear from you. The first step is to complete a Volunteer Expression of Interest Form, after which we'll invite you to attend one of our volunteer introductory sessions to learn more about TASFund and the role.