

Peer Support Volunteer - 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 Volunteers help create a warm, welcoming, and supportive environment within The Anthony Seddon Centre's peer support drop-in sessions.

This role is centred around connection, conversation, and helping people feel safe, heard, and supported when accessing the centre. Volunteers offer informal peer support through listening, reassurance, and helping people feel comfortable within the space.

You do not need to be a counsellor or mental health professional to volunteer in this role. The most important things are being approachable, compassionate, respectful, and able to listen without judgement.

Peer Support Volunteers work alongside staff and other volunteers to help create a safe and supportive community environment where people feel less isolated and more connected.

What You Might Be Doing

- Welcoming people into the centre and helping them feel comfortable and included
- Having supportive, informal conversations with people attending the drop-in
- Listening with empathy and helping create a non-judgemental and respectful environment
- Encouraging positive conversation, connection, and peer support within the space
- Offering reassurance and emotional support within appropriate volunteer boundaries

- Helping signpost people to staff, services, groups, or additional support where appropriate
- Supporting the general running of the drop-in alongside staff and other volunteers
- Helping maintain a calm, safe, and welcoming environment
- Recognising when someone may need additional support and seeking help from staff where needed
- Supporting with practical tasks such as refreshments, room setup, attendance sheets, or tidying shared spaces where needed

What We're Looking For

We're looking for people who are:

- Warm, approachable, and non-judgemental
- Good listeners who are comfortable supporting people from different backgrounds and experiences
- Compassionate, patient, and respectful of others
- Comfortable working as part of a team within a busy community environment
- Able to maintain appropriate boundaries and confidentiality
- Reliable and able to commit to agreed volunteer sessions where possible
- Open to learning and taking part in training, supervision, and ongoing support

You do not need previous volunteering 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:

- Lived experience of mental health challenges or recovery
- Experience supporting people in a professional, voluntary, or informal setting
- An understanding of mental health, wellbeing, or peer support approaches
- Knowledge of local support services or community organisations
- Confidence communicating with people from different backgrounds and life experiences

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

Peer Support Volunteers usually support the drop-in between **12:30pm and 3:30pm, Monday to Friday.**

We ask volunteers to commit to regular attendance where possible, as consistency helps build trust, familiarity, and supportive relationships within the drop-in environment.

However, we understand that people's availability and circumstances can change, and we aim to be flexible and supportive wherever possible. Shift patterns and availability 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.