

## **Job Advert: Mental Health Peer Group Facilitator**

**Location:** CANDI, Cinderford.

**Hours:** 8 hours per week, with the potential for more hours initially, as the group becomes more established. Hours may reduce overtime as the group becomes more self-sustaining.

**Salary:** £15.00 per hour

**Contract Length:** 1 year. There may be an opportunity for the contract to be extended, subject to additional funding becoming available.

**Hours:** Average of 8 hours per week over the year.

**Closing Date:** Sunday 2<sup>nd</sup> January 2025.

### **About CANDI:**

At CANDI (Cinderford Area Neighbourhood Development Initiative), our mission is to enhance community wellbeing in the Forest of Dean by offering a safe and supportive space for individuals and groups. As a charity, we provide services addressing mental, emotional, and social needs, promoting strong, resilient communities through connection and mutual support.

Our offerings include peer support groups, a café, women's and men's spaces, youth spaces, and collaborations with local services to ensure everyone has access to vital resources. CANDI is founded on compassion, inclusivity, and the belief that mental health support should be accessible to all.

### **Role Overview:**

We are seeking a Mental Health Peer Group Facilitator to join our team and help set up, facilitate, and support a peer support group for individuals experiencing mental health challenges. This role offers the opportunity to work closely with the Community Project Coordinator (CPC) to build a safe, empowering, and supportive space for group members.

As the Mental Health Peer Group Facilitator, you will play an essential role in guiding the creation of a community-driven peer support network. You will collaborate with local mental health services, volunteers, and individuals with lived experience, helping to foster a culture of empowerment, understanding, and connection.

### **Key Responsibilities:**

- **Set-up and Facilitate Peer Support Groups:** Assist in establishing a safe and welcoming environment for individuals to discuss their mental health and share experiences.
- **Ongoing Group Facilitation:** Guide and support group members in building relationships, offering emotional support, and accessing relevant mental health resources.
- **Empower Peer Support:** Encourage group members to take ownership of the group's direction, activities, and leadership roles.

- **Monitor Progress and Make Adjustments:** Assess the evolving needs of the group, and adjust activities and structure to ensure positive outcomes.
- **Collaboration and Reporting:** Work closely with the Community Project Coordinator (CPC) and other stakeholders to ensure that the group's goals align with CANDI's mission and community needs, as well as explore further funding opportunities to secure sustainability for the group.

As a Mental Health Peer Group Facilitator, you'll work closely with the Community Project Coordinator (CPC) to ensure the group's success. Your role includes:

- **Regular Supervision:** One-on-one sessions with the CPC for ongoing support, challenges, and group progress.
- **Ongoing Support:** Collaboration with the CPC to address issues and ensure smooth operations.
- **Training & Development:** Access to tailored training in mental health facilitation and group management.
- **Qualified Mental Health Support:** Guidance from the CPC to deepen your understanding of mental health and peer support best practices. Training to become a mental health first aider as well as safeguarding training.

#### **Skills and Experience Required:**

- Lived experience of mental health challenges (personal or as a carer) is an advantage.
- Strong communication skills and the ability to facilitate group discussions.
- Ability to work both independently and as part of a team.
- Strong organisational and problem-solving skills.
- Understanding of mental health issues and an ability to approach individuals with empathy and respect.
- Commitment to supporting others and promoting mental health wellbeing.
- Awareness of safeguarding

**Qualification in Mental Health Facilitation** or equivalent experience is preferred but not essential.

#### **Why This Role is Ideal for Career Development in the Mental Health Sector:**

**Professional Development:** Regular supervision, training, and support will help you develop key skills and lay a strong foundation for further qualifications or career progression in mental health, social work, or community services.

**Exposure to the Sector:** Gain hands-on experience and insight into mental health services, including peer support and best practices in facilitation.

**Growth Opportunities:** As the group becomes self-sustaining, you'll have the chance to take on more responsibility and expand the model, opening doors for further roles within CANDI or the mental health field.

**Supportive Environment:** Join a community-based charity that is committed to your professional growth, with ongoing support from the team.

This is a great opportunity for anyone passionate about mental health, with the chance to grow in a supportive environment.

**To Apply:**

Please submit your CV and a cover letter outlining your experience and why you would be a good fit for this role.

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