



together we
Cumbria

VOLUNTEER

RECRUITMENT PACK



**EMPOWERING PEOPLE TO TAKE CONTROL OF THEIR PHYSICAL AND
MENTAL WELLBEING.**

INTRODUCTION

RECRUITMENT PACK

Together We is a growing, award-winning social enterprise in Cumbria. We're a high energy and creative team who have been recognised for Innovation in our Health & Well-being sector since 2017.

Our policy is to hire for attitude and train for skills. We invest in a great training portfolio for our people, plus mentoring programmes, so that we're all constantly gaining new skills and work experiences. We pay fairly too and we advocate for a healthy lifestyle.

Together We operates throughout Cumbria. We also support flexible working and homeworking, wherever possible. Wherever you are, in our workplace, everyone's goal is to help more people reach for a better life. We work hard and everyone makes a difference.

Our people are the reason for our success. The staff and volunteers at Together We are on a mission to help people in our local community learn skills to better manage their physical and mental wellbeing.



Samantha Joughin & Janine Ward
Managing Directors

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Our services offers a range of interventions for mental health and physical health, all of which place the client at the centre of our work. Our two key services combine well to provide care for all ages and with a “whole person” approach to mental health and physical wellbeing

Talk

Provides personalised one-to-one and small group talking interventions, including mental health support, link working, and guidance for those who fall between service gaps.

Aims to deliver client-centred support that creates self-awareness and empowers individuals to manage their symptoms, distress and improve overall wellbeing.

Recovery

Provides group sessions and opportunities for anyone experiencing mental and physical health difficulties.

Recovery colleges provide a range of courses, physical activity sessions and groups designed to increase self-awareness and understanding of Recovery and what it means to each individual.

All service delivery is designed to be evidence-based intervention and guided discovery. Each of the services interlinks, with a series of projects and programs for one to one and group support.

We target multi-model psychological intervention, link working, education and physical activity to improve a person's wellbeing and we aim to reduce the impact of mental health and physical health problems on individuals and on their wider community.

We have clearly defined Guiding Principles that help us to ensure we do not drift from our mission of improving physical and mental wellbeing:

"We aim to increase a person's understanding of their health and factors and determinants that may contribute to improving their overall health and Wellbeing.

We aim to increase access to low level interventions and stop referrals into other services. We aim to provide a whole person approach to health that covers all ages, social economic background, and ability.

We aim to provide support that is individually tailored for the person and group sessions which provides psychoeducation to educate and put the person at the centre of their care. We also aim to provide training and opportunities for staff to undertake a very different and niche role working with mental and physical wellbeing together"

ROLE DESCRIPTION

Job Title: Volunteer

Organisation: Together We CIC

Reporting to: Recovery College Team Leader

Hours: Flexible

Location:

We have several locations across Cumbria some of which are permanent bases others are outreach locations. We will match volunteers to roles in their proffered area where possible. Most of our current volunteers travel to Carlisle, Workington, Whitehaven & Egremont however we are looking to expand our current locations across Cumbria.



VOLUNTEER REQUIREMENTS:

We're looking for reliable and compassionate volunteers to support all aspects of Together We. There are a range of roles to suit different interests and strengths—including: Session support and peer mentoring, Leading wellbeing activities, assisting with community events and Helping behind the scenes with admin, social media, and more.

Volunteers are required to:

- Complete relevant training for the role
- Be willing to learn and work as part of a team
- Be respectful and conscientious of others
- Have a personable manner
- Have a good understanding of mental health illness and have lived experiences

FURTHER OPPORTUNITIES

At Together We CIC, we're proud not only to welcome volunteers into the team—but to support them to grow and develop during their time with us. Volunteers have access to a variety of learning opportunities throughout their role, tailored to individual interests and aspirations.

Other Benefits:

- DBS check
- Valuable Experience
- Training Opportunities
- Access to employee health service



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VOLUNTEER RESPONSIBILITIES:

All volunteers are expected to:

- Respect confidentiality and privacy
- Be punctual and reliable and remain professional in your interaction with others
- Carry out the duties listed in your volunteer position description and report any issues immediately
- Be accountable
- Give notice if your availability changes or you are leaving the organisation
- Report any injuries or hazards that you notice in the workplace
- Adhere to the organisation's policies and procedures
- Deal with complaints in the appropriate manner
- Undertake training as requested and ask questions if uncertain about anything
- Make recommendations for any improvements where appropriate
- Ask for support when needed
- Support other team members



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Part of Together We

The
Recovery
College



Allerdale | Copeland | Carlisle | Eden

together we

HOW TO APPLY:

**FOR FURTHER INFORMATION AND A
COPY OF OUR VOLUNTEER
APPLICATION FORM PLEASE EMAIL**

CHLOE@NCRECOVERYCOLLEGE.ORG



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