



**Could you make a difference
to people across Powys by
volunteering for our
Bereavement Support
Service?**



Local Minds working in partnership
Minds lleol gweithio mewn partneriaeth

This is an exciting and worthwhile opportunity to become part of an established and expanding team of trained and experienced Bereavement Supporters.

The Journey So Far

In January 2022, Mid & North Powys Mind successfully launched its Bereavement Support Service covering mid and north Powys. We currently have 19 volunteers, who between them have over 70 years of experience in bereavement support, as well as supervision and training.

We are now looking to recruit and train new Bereavement Supporters, across mid and south Powys, working closely with Ystradgynlais Mind and Brecon & District Mind.

Our Bereavement Support Service

You will be given the necessary high-quality training and ongoing support to enable you to provide emotional support to those whose lives have been devastated by grief.

Depending on your own and your clients' preferences, you will meet them in their homes or in community venues, or support them remotely. Support sessions are usually an hour long, typically weekly for between one and seven sessions.

Opportunities may exist in the future for you to develop your skills to work with children and young people through further training.

Volunteer Support

Bereavement Supporters have regular supervision, on-going CPD and additional training. All expenses are also paid in full.

Role Description - Bereavement Supporter

Key functions of the role:

- To support people in Powys who are struggling with bereavement.
- To establish and maintain a supportive, warm, empathic and accepting relationship with the client.
- To demonstrate a non-judgmental acceptance of the individual client's support needs.
- To demonstrate knowledge and understanding of the many effects of grief that result from the unique nature of each individual's way of grieving.
- To demonstrate a knowledge and understanding of boundaries within a supportive relationship.
- To demonstrate a willingness and ability to reflect upon practice, including a high level of self-awareness.
- To have an understanding of the policies and procedures of Mind, in particular those of the Bereavement Support Service.
- To recognise when external support services may be beneficial and enable access

Desirable personal attributes:

- To have excellent listening skills, and an ability to demonstrate an understanding of the client's needs by the use of reflection skills.
- An ability to cope with diverse strong emotions experienced by some bereaved people.
- An ability to identify where a person may be at risk.
- An ability to identify people with complex grief and / or trauma.

Location & time: In peoples' own homes, the community, by phone or on-line (If any of these are difficult for you for whatever reason, we can usually work around that).

Working with: A very supportive team of Powys Bereavement Supporter and Service Coordinator.

Training & support: Full Bereavement Support training & induction. Minimum of 15 hrs per year CPD (arranged bi-monthly for the team, taking it in turns to deliver) and 60 minutes supervision every 6 weeks (provided in-house), plus access to additional training courses such as Pet Bereavement, CYP bereavement, suicide response, etc.

Time commitment: Upwards of 2 hours per week (post induction training).

Expenses: All out of pocket expenses paid including mileage.

Benefits to the volunteer:

- Access to extensive & high quality training in bereavement and related topics
- Helping people to cope with bereavement can make a real difference to their lives
- Develop new knowledge and skills and have something wonderful to add to your CV
- Try new things / activities
- Make new friends
- Full training, supervision and support
- Full out of pocket expenses paid

You will gain extensive bereavement support knowledge and practice those skills, in helping your local community.

Bereavement Support Training Information

4 days of Bereavement Support Training:

BABS 1 — 27th January 2024

BABS 2 — 17th February 2024

BABS 3 — 9th March 2024

BSS Induction — 6th April 2024

MHA & Safeguarding—13th April 2024

9.30am—4.30pm

at Mid & North Powys Mind's building
in South Crescent, Llandrindod Wells

To join our Bereavement Support Service

Do you think you can fulfil the qualities listed in the
Role Description?

Want to join a supportive and nurturing team of
dedicated volunteers?

If so, get in touch via the details below and request an
application form.

Contact: 01597 824411

Email: mary@mnpmind.org.uk

We also welcome all questions & queries!