

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.
- Understand and implement 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: Support is offered at Mind's premises, in peoples' own homes, the community, by phone or on-line (You tell us how far you are happy to travel from home and in what settings you are able to provide support). Timing is by mutual agreement with your client.

Working with: A very supportive team of Bereavement Supporters and Service Coordinator

Training and support: 5 days Bereavement Support training & induction. Minimum of 15 hrs per year CPD (currently bi-monthly in the evening, taking it in turns to deliver) and 60 mins supervision every month (provided in-house), plus access to additional training courses such as Pet Bereavement, CYP bereavement, suicide response, etc.

Clients: These are offered to you by the Service Coordinator, based on your training and preferences. You do not have to take on the client offered if you do not think they are a good match for you. You will usually only be offered one client at a time to start, but can have more later (in agreement with your supervisor).

Time commitment: Upwards of 30 hours of client support time annually.

Time out: If you are planning to have longer than a two week break, then you would need to leave at least ten weeks before that taking on a client, to allow enough time to finish working with that client. If you are taking a period of a month or more away from providing support, if you are available, we would expect you to continue to attend CPD and supervision regularly and complete a time out form with your supervisor.

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

Volunteer name: _____

Signed as read and agreed: _____

Date_____