

Volunteer Uttlesford

<https://volunteeruttlesford.org.uk/opportunity/rethink-mental-health-essex-all-age-advocacy-service-advocate/>

Advocate for people with mental health issues

Description

A mental health advocacy service, which operates across Essex, is looking for people to become volunteer advocates in Uttlesford.

Working as part of a team, advocates defend people's rights and interests, and support their wishes to be heard. For example you could support someone to:

- find information so they can make choices and sort out problems
- understand their rights and make sure they are respected
- make a complaint if they are not happy about something
- listen to their views and build trust and a confidential relationship.

Communication and listening skills and an ability to emphasise are needed. Working with – or having knowledge or personal experience of – mental health issues is an advantage but not essential.

Training is given, which will include shadowing experienced advocate elsewhere in Essex.

Please note: Volunteer Uttlesford has a total of over 200 opportunities available, only a few of which are featured on this website. Contact us for information on other volunteer roles.

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07/01/2020

By clicking the Enquire button and submitting your contact information, you consent to Volunteer Uttlesford passing your details to the organisation seeking support, who will then be in touch to progress your enquiry.