



Keeping Hope Alive

Volunteer Role Description

Aware Defeat Depression

Volunteer Position: Community Information Volunteer

Responsible to: To be confirmed

Purpose of Role: To assist in the provision of information to people affected by or at risk of being affected by depression at Primary Care and Community Level

Your activities may include:

1. Identifying and targeting a range of suitable local outlets for information about depression and Aware Defeat Depression (eg: GPs, Practice Nurses, Practice Managers, Pharmacies, Libraries, Advice & Day Centres, Social Security Offices, Supermarkets etc.,)
2. Ensuring the supply of up-to-date and relevant information to such outlets and services
3. Liaising with health professionals and other staff at the outlets with regard to the service you provide and the needs of the outlet
4. Representing and promoting Aware Defeat Depression (eg. At exhibitions, information days and health fairs)
5. Raising awareness of the needs of people affected by depression
6. Delivering standard presentations to local community groups (this will not be required of all volunteers)
7. Available to respond to specific enquiries when requested

Responsibilities:

1. To keep accurate monthly records of work and provide copies to your line-manager along with a personal expenses claim form
2. Locations: As agreed with your line-manager
3. Commitment to keep up-to-date with resources and services provided by Aware Defeat Depression
4. To attend support sessions and training events

Estimated hours:

1. 4-12 per month or as agreed with your line-manager

**Desirable Skills/
Knowledge:**

1. Ability to communicate effectively
2. Good listening skills
3. Commitment to / enthusiasm for information provision
4. Good knowledge of agreed area
5. Understanding the principles of self-help
6. Sensitive to individual needs and the need for confidentiality
7. An understanding of mental health issues