

**2025 Summer Placement: Role Description**

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| **Details of the role:** | Changes Bristol are looking for placement students to join our dedicated team. Your main responsibilities will include ensuring our peer support groups operate effectively and smoothly. You will help to promote the service, and networking opportunities. You will also be involved within our befriending and walk and talk service, as well assisting in events planning. This is a flexible role which is a brilliant opportunity to gain experience and professional development within the charity/ mental health sector, with plenty of opportunities to get involved with projects that excite you! |
| Deadline for  applications | Monday April 21st 2025 - 5pm  We will be conducting interviews on a rolling basis as we receive applications and we reserve the right to close applications before the deadline, should we find the right applicant. |
| Start date | Negotiable. Ideally Early June |
| Hours | Monday- Thursday or Tuesday-Friday 10-5 , over a 3 month period (Mid-June - Mid/Late September, flexible to candidate) |
| Tasks could  include: | ● Helping to facilitate mental health support groups across the city of Bristol. Creating a safe, non-judgemental and empathetic  environment for people to talk about their feelings and to help make changes in their lives for the better.   * Helping to facilitate our ‘walk and talks’ for the Befriending service   ● Helping to develop and deliver new workshops for our members to support them with a variety of issues such as; anxiety and  depression.  ● Helping to raise awareness of the charity through social media, networking events and short videos.  ● Supporting the evaluation of the service through service-user forums, questionnaires and audits.  ● Helping to recruit and engage members in various projects and fundraising events.  ● Attending networking events and liaising with multidisciplinary teams about the provision of mental health support in the area.  ● Supporting campaigns around mental health awareness and psychological well being..  ● Giving short talks on the charity and the work we do at community events and team meetings. |
| Person  Specification | ● Understanding of mental health issues  ● Good active listening skills and ability to empathise  ● Able to communicate with a diverse range of people  ● Ability to be impartial and non-judgemental  ● Ability to work independently and part of team  ● IT skills including the use of Word, Excel and PowerPoint.  ● Willingness to work with groups  ● Passionate about raising awareness of mental health issues |
| What we offer | ● Induction training for the role  ● Comprehensive Facilitation skills training   * Professional development 1:1 sessions   ● Dedicated supervisor and continuous support in form of 1:1 supervision and reflective practice   * Frequent opportunities for other mental health related training * Monthly allowance expense of £200 towards lunch and travel costs * Opportunity to explore areas of mental health provision you are personally passionate about and interested in   This is a fantastic opportunity to learn a large number of new skills, build confidence in leadership and organisation and gain experience working within the Charity sector. |
| How To Apply | If you are interested in this vacancy, please send us a copy of your CV and a cover letter using this role description and person specification for your reference. Email all applications to [service@changesbristol.org.uk](mailto:service@changesbristol.org.uk)  If you have any questions, or for an informal chat please contact Summer on 0117 941 1123  **Application Closing Date:** Monday April 21st 2025 at 5pm  We will be conducting interviews on a rolling basis as we receive applications and we reserve the right to close applications before the deadline, should we find the right applicant. |
| About Changes Bristol | Changes Bristol is a mental health charity that provides weekly peer support meetings for those in mental distress. Our services are free to access, with no referral or formal diagnosis required from a health professional (eg. GP) and they are open ended so that people can access the service for as long as they would like.  **Contact details:**  Summer Varley – Deputy Service Manager  Phone: 0117 941 1123 Email: [service@changesbristol.org.uk](mailto:service@changesbristol.org.uk)  Website: [www.changesbristol.org.uk](http://www.changesbristol.org.uk) |