

# Groundswell

Out of homelessness

# Super Duper Mega Volunteering Pack

# Groundswell

Out of homelessness

**Ever been homeless?**

**Interested in volunteering?**

If so....

**We have a lot of different opportunities waiting for you!!!**

- **Women's Homeless Health - In Reach Volunteer**
- **Homeless Health - In Reach Volunteer**
- **Homeless Health Peer Advocacy Service (HHPA)**

## Firstly, an Introduction.

### What is Groundswell?

*Groundswell is a registered charity that exists to enable people who are homeless to create solutions and move themselves out of homelessness – for benefit of our whole society.*

*Our work is based on a set of core beliefs that see homeless people at the heart of solutions to tackling homelessness. Our largest area of work is around health and homelessness through our Homeless Health Peer Advocacy Service (HHPA). We also conduct research projects that are led by people who have personal experience of homelessness.*

### Groundswell's Core Beliefs

*Our work is based around a set of core beliefs that see homeless people at the heart of solutions to tackling homelessness.*

#### **Our core beliefs:**

- 1. The whole community benefits when we effectively tackle homelessness and social exclusion.**
- 2. We believe in people**  
People are society's most valuable resource, and everyone has the capacity to make a contribution.
- 3. There is no "them and us" – only us**  
Groundswell brings everyone together to create genuine solutions to homelessness.
- 4. Participation works**  
Supporting homeless people to participate creates more effective services and policy - and crucially enables people to move **out of homelessness**.

## Volunteer Role Title:

# Women's Homeless Health – In Reach volunteer

### Main functions:

- To meet and engage with women who are homeless, in hostels and in day centres.
- To encourage a healthier lifestyle through group work.
- To support clients to practically address their health needs.
- To encourage peer support within the group to encourage and accompany each other to appointments as needed.
- Encourage women to take control of their own health issues, to become empowered and tackle challenges with confidence.

**Overview:** We are looking for eight female volunteers who have experience of homelessness to support women who are currently homeless. As a Women's Homeless Health Educator you will visit homelessness services across London to speak to homeless women about their health. You will also run group work sessions to help people better understand their health concerns and encourage clients to support each other to a range of health care appointments.

## Is this project for me?

### Qualities of a Women's Homeless Health Educator

#### The ideal Health Educator will:

- Be a **good listener** who is interested in others and what they have to offer.
- Be **confident** to speak about their own experiences.
- Treat others in a **non-judgemental** way and with **respect**.
- Be **committed and reliable**.
- Understand the importance of **boundaries and be comfortable to ask for support** when needed.
- Keen to **learn new skills**.

### Skills and experience needed in a Homeless Health Educator

#### The ideal Health Educator should:

- Have a **lived experience of homelessness**.
- Practice good **time keeping**.
- Have good **verbal communication** skills.

- Be **secure in recovery** if relevant.

## What do I get in return?

Participating in this project will give you the opportunity to:

- Learn new skills and gain experience which can add to your CV.
- Take part in training and get a certificate for taking part.
- Create new understandings about the health inequalities faced by homeless people which will be used to change the way services are run.
- Get to know Groundswell's work (especially if you are interested in becoming a Homeless Health Peer Advocate in the future).
- All travel costs and other expenses involved in the project will be covered by Groundswell.

## Time commitment

- **The project will be ongoing**, there may be other opportunities that you wish to try out later but we would ask that you stay with us for a few months at least.
- Two days of training to be held at the Groundswell Office in Vauxhall. We will inform you of training dates once we have received your application and training will be run regularly throughout the year so if you've missed one, another will be along soon.
- **We ask that you offer a day or two a week following training.**
- Health Educators will conduct In-Reach sessions across London. These visits are likely to last between two and three hours.
- Team meetings will be held once a month in Groundswell offices and will run for about an hour.

## How do I apply?

If you are interested in becoming a Health Educator on this project please fill in the application form answering the following questions:

- Why are you interested in this volunteer role?
- What experience do you have that makes you suitable for the role?

Please email Martin at [Recruitment@groundswell.org.uk](mailto:Recruitment@groundswell.org.uk) (or ask a keyworker to do so for you). We will then give you a call to have a quick chat about the project.

**If you have any questions about the role please contact Martin Murphy on 0207 7725 2851.**

## Volunteer Role Title:

# Homeless Health - In Reach volunteer

### Main Functions:

- To meet and engage with people who are homeless, in hostels and day centres.
- To encourage a healthier lifestyle through group work.
- To support clients to practically address their health needs.
- To assist in making appointments and referrals to the HHPA service as needed.

**Overview:** We are looking for eight volunteers who have experience of homelessness to support people who are currently homeless. As a Homeless Health Educator you will visit homelessness services across London to speak to homeless clients about their health. You will run group work sessions to help people better understand their health concerns and encourage clients to attend health appointments.

## Is this project for me?

### Qualities of a Homeless Health Educator

The ideal Health Educator will:

- Be a **good listener** who is interested in others and what they have to offer.
- Be **confident** to speak about their own experiences.
- Treat others in a **non-judgemental** way and with **respect**.
- Be **committed and reliable**.
- Understand the importance of **boundaries and be comfortable to ask for support** when needed.
- Be keen to **learn new skills**.

### Skills and experience needed in a Homeless Health Educator

The ideal Health Educator should:

- Have a **lived experience of homelessness**.
- Practice good **time keeping**.
- Have good **verbal communication** skills.
- Be **secure in recovery** if relevant.



## What do I get in return?

Participating in this project will give you the opportunity to:

- Learn new skills and gain experience which can add to your CV.
- Take part in training and get a certificate for taking part.
- Gain new understanding of the health inequalities faced by homeless people which will be used to change the way services are run.
- Get to know Groundswell's work (especially if you are interested in becoming a Homeless Health Peer Advocate in the future).
- All travel costs and other expenses involved in the project will be covered by Groundswell.

## Time commitment

- **The project will be ongoing**, there may be other opportunities that you wish to try out later but we would ask that you stay with us for a few months at least.
- Two days of training to be held at the Groundswell Office in Vauxhall. We will inform you of training dates once we have received your application and training will be run regularly throughout the year, so if you've missed one another will be along soon.
- **We ask that you can offer a day or two a week following training.**
- Health Educators will conduct In-Reach sessions across London. These visits are likely to last two to three hours.
- Team meetings will be held once a month and will be held in Groundswell offices and will run for about an hour.

## How do I apply?

If you are interested in becoming a Health Educator on this project please fill in the application form answering the following questions:

- Why are you interested in this volunteer role?
- What experience do you have that makes you suitable for the role?

Please email Martin Murphy at [Recruitment@groundswell.org.uk](mailto:Recruitment@groundswell.org.uk) (or ask a keyworker to do so for you). We will then give you a call to have a quick chat about the project.



**If you have any questions about the role please contact Martin Murphy on**

**0207 7725 2851.**



## Volunteer Role Title:

# Homeless Health Peer Advocacy Service (HHPA)

### Main Functions:

- Supporting clients to gain access to healthcare by helping to make appointments.
- Accompanying clients to and from health appointments.
- Supporting clients to better understand their health needs and receive appropriate support.
- Encouraging clients to consider their health as a priority.
- Advocating on behalf of clients to ensure treatment for any health issues.

**Overview:** We are looking for 12 volunteers who have experience of homelessness to support people who are currently homeless to help them to access healthcare.

As a Homeless Health Peer Advocate you will:

Visit homelessness services across London to speak to homeless clients about their health.

Deliver one-to-one engagements to enable people experiencing homelessness to make and attend health appointments.

Support occasional group work sessions to help people better understand their health concerns and encourage clients to attend health appointments.

Accompany clients to a variety of appointments, including doctors, hospital, dental and many more.

In addition you will provide practical support, such as travel fares which will be covered by groundswell.

Peer Advocates focus on building the skills and confidence to enable clients to continue accessing health services independently.

## Is this project for me?

### Qualities of a Homeless Health Peer Advocate

The ideal Health Educator will:

- Be a **good listener** who is interested in others and what they have to offer.
- Be **confident** to speak about their own experiences.
- Treat others in a **non-judgemental** way and with **respect**.
- Be **committed and reliable**.
- Understand the importance of **boundaries and be comfortable to ask for support** when needed.

- Be keen to **learn new skills**.

### Skills and experience needed in a Homeless Health Peer Advocate

The ideal Health Educator should:

- Have a **lived experience of homelessness**.
- Be willing to **travel**.
- Practice good **time keeping**.
- Have good **verbal and written communication** skills.
- Be **secure in recovery** if relevant.

### What do I get in return?

Participating in this project will give you the opportunity to:

- Learn new skills and gain experience which can add to your CV.
- Take part in an extensive training package and get a certificate for taking part.
- Gain insight into the health inequalities faced by homeless people which will be used to change the way services are run.
- Get to know Groundswell's work and be an important part in the organisation's growth and development.
- All travel costs and other expenses involved in the project will be covered by Groundswell.
- Get support to investigate your own progression and future goals.

### Time commitment

- **The project recruits twice a year**, there may be other opportunities that you wish to try out later but we would ask that you stay with us for a good few months at least.
- Six weeks of training (three days per week) to be held at the Groundswell Office in Vauxhall. We will inform you of training dates once we have received your application.
- If you have just missed the deadline or the next training is a long time away, you may be interested in one of our other volunteering opportunities while you wait.
- **We ask that you are able to offer two or three days a week following training.**
- Homeless Health Peer Advocates will escort clients to their physical health appointments across London. These appointments are likely to last between 2-4 hours including travel but may last longer.
- Team meetings will be held once a week in Groundswell offices and will run for two hours in most cases.
- You will also be expected to attend a two hour Clinical Supervision session once monthly.

## How do I apply?

If you are interested in becoming a Homeless Health Peer Advocate on this project please fill in the application form answering the following questions:

- Why are you interested in this volunteer role?
- What experience do you have that makes you suitable for the role?

Please email Martin Murphy at [Recruitment@groundswell.org.uk](mailto:Recruitment@groundswell.org.uk) (or ask a key worker to do so for you). We will then give you a call to have a quick chat about the project.

**The deadline for applications for this role will be made available on request.**

**If you have any questions about the role please contact Martin Murphy on 0207 7725 2851.**

Name		
Address		
Mobile Number		
Email address		
What's the best way to contact you?		
How did you find out about us?		

Which role are you interested in?



Why are you interested in this volunteer role?

Empty rectangular box for writing the answer to the question above.