



Alumina Volunteer

An exciting opportunity for someone to join Youthscape's Mental Health team providing online self-harm support for young people

Youthscape

About Youthscape

Back in 1993, Youthscape started life as the Luton Churches Education Trust - a charity started and funded by the churches in Luton, working together to serve teenagers across the town. Since then we have grown into a national hub for resources, events, training, and UK-wide youth work, whilst continuing to serve young people locally

Youthscape's Mental Health team run Headstrong, an online platform that supports young people and equips parents, carers, teachers and youth workers nationally. The Alumina self-harm support programme sits within this, and delivers courses throughout the year which help 10-17 year olds move towards recovery. We support hundreds of young people each year, and our incredible volunteer team plays a key role in enabling us to offer the provision that we do.

About the Role

We are looking for Alumina Volunteers to help support the delivery of this online programme for young people. One Alumina course runs for 7 x weekly 1 hour sessions, each delivered during the evening. Young people are able to sign up and to take part in a course anonymously (although necessary safeguarding information is collected) via a virtual classroom where they can see and hear the course leaders but cannot be seen or heard themselves (they engage via typing messages).

Alumina aims to be a safe space where young people can explore self-harm, harm reduction techniques, what exactly they are struggling with, and how they can process and manage their emotions and distress going forward. Alumina has grown out of Youthscape's ten-plus years of experience working with young people who self-harm.

As Youthscape is a faith-based youth work charity and this plays a foundational role in our work with young people, it is our policy that all volunteers are practising Christians and attend church regularly.



Role Description

Tasks

- Supporting other Alumina team members in delivery of the course online.
- Leading elements of the Alumina course.
- Responding sensitively and appropriately to young people during Alumina sessions via the online chat system.
- Being vigilant in recognising any safeguarding concerns and passing them on in an appropriate and timely manner.
- Taking initiative to try and engage young people who may appear quieter in sessions.

Essential Qualities and Skills

- Strong Christian faith.
- Excellent interpersonal skills.
- Ability to work well in a team.
- Ability to relate to young people and build appropriate, encouraging relationships online.
- Ability to deliver self-harm session content sensitively and appropriately.
- Experience working with or supporting young people in some capacity, ideally in the area of mental health e.g. volunteering in church, work in a school or other relevant environment etc.
- Understanding of good safeguarding practices.

Location

You will deliver the Alumina course from an appropriate, private space at home via your own laptop or another electronic device.

Hours

Each Alumina course involves 7 x weekly 1 hour sessions plus a 5-20 minute debrief following each session.

Commitment

Volunteers will need to be available for and commit to supporting on or delivering at least one full Alumina course.

Benefits

Home Working

As Alumina is an online self-harm support programme, you will be able to do this volunteering role from the comfort of your own home. You will not be expected to travel to Bute Mills, Youthscape's offices in Luton for this role (the only exception may be to attend some team training) and therefore can be based anywhere in the UK.

Team

Youthscape is a dynamic, creative, exciting place to work and you will have the opportunity to work alongside a number of experienced and qualified counsellors, mental health practitioners, psychologists, therapists, youth workers and volunteers as part of the Alumina team.

Supervision

You will receive termly 1:1 supervision from an experienced member of the Youthscape Headstrong team where you will have the opportunity to talk through your volunteering experience, raise any concerns, give any feedback, and discuss any training needs. You may also speak to the Alumina Manager at any time.

Induction and Training

All volunteers will receive a full induction and the necessary training required to support on and deliver the Alumina course before beginning volunteering. Safeguarding training must also take place before volunteering begins. Team training is provided twice a year to ensure ongoing good practice, and further training opportunities may also be discussed with the Alumina Manager.

Opportunities

As Youthscape is involved in a range of different work with young people and youth workers nationally there may be other opportunities to engage with events and training that may be of interest to you e.g. The National Youth Ministry Weekend, Satellites Youth Festival etc.

Celebration

We significantly value our volunteers, and to help demonstrate this we hold a yearly summer event where we celebrate you and indicate our appreciation for your commitment.

Application Process

If you would like to ask any questions before applying, please feel free to contact Robson Dodd, our Alumina Manager by phone on 01582 748954 or by email at robson.dodd@youthscape.co.uk.

To apply for this role please download an application form at <https://www.youthscape.co.uk/about/volunteering-ys>.

Complete the application form and return it to robson.dodd@youthscape.co.uk at your earliest convenience.

If your application demonstrates that you meet the essential qualities and skills, you will be invited to attend an informal interview via Zoom.

If both parties agree that this volunteering opportunity is the right fit, appointment will be made subject to references, a satisfactory DBS check, and proof of eligibility to work in the UK.

www.youthscape.co.uk

© Youthscape 2023/24

Registered charity 1081754

Registered company 3939801

Registered in England

A company limited by guarantee

Bute Mills, 74 Bute Street, Luton, LU1 2EY

