

Person Specification for aspire Volunteers

Our volunteers come from all walks of life, with a range of experiences and skills to offer. There are no specific educational qualifications required and we aim to recruit volunteers with potential as well as those with relevant experience or qualifications. We are looking for people who will embrace the principles and values that we promote when working with people with mental health problems and see something of themselves in the following descriptions:

- Are able to form positive, supportive relationships with others
- Are able to communicate well with others and are a good listener
- Are comfortable working on their own, relying on their own initiative and common sense, but also know when to seek support
- Have some insight into the potential significance and importance of their relationship with a client
- Are reliable, consistent and dependable
- Are able to put their own needs and views to one side to focus on the needs of the service user
- can relate to the issues and challenges facing people with mental health problems

Personal Values

- An ability to accept people for who they are
- A respect for others as being of equal worth
- An ability not to impose one's own values and beliefs on others
- An ability to appreciate and value the differences between people
- An ability to understand others choices & lifestyles and their right to make their own decisions
- Working with hope and recovery

Organisational Issues

- Able to understand and work within the organisations boundaries and policies (including those relating to the safeguarding of young people and vulnerable adults)
- Able to work within the organisation's confidentiality policy
- Able to actively take part in supervision sessions
- Able to organise meetings with service users
- Able to complete the paperwork required
- Able to travel independently to meetings and social activities