



Community  
Action



## **Community Action Project**

Next Step Depression Support group Volunteers

## **Community Action Partner**

CornerHouse Mental Health Resources Ltd

**Aim:** CornerHouse is a registered charity which actively encourages and fosters the creation, maintenance and development of new and existing groups and services with regards a range of mental health issues. Self-help support groups which take place under the CornerHouse umbrella include: 1) Mild to moderate depression (Next Steps) 2) Wellbeing groups (Next Steps) 3) Anxiety (Release) 4) Walking for Health 5) Eating Disorders (Beat) 6) Bipolar (Bipolar UK). The groups directly help and benefit people in Runnymede, Spelthorne and Woking; groups take place in Englefield Green, Addlestone, Stanwell and Woking. These free groups provide regular support for people affected by a range of mental health issues. Having a safe environment to meet others, share and support can help aid recovery, reducing isolation and improve mental health.

**Roles:** Volunteers are required in the Next Steps depression support group. The group is a self-help support group for people with mild to moderate depression. There are always two facilitators delivering a group. Facilitators are responsible for welcoming new members. Facilitators are responsible for ensuring that everyone has their say if they want it. In general the role is to keep the group a 'safe place' for people to share and get support from each other. At the end of the group facilitators should debrief with each other, check that they are ok and how they found the group. One facilitator feeds back to the social worker about how the group went.

**Training:** Induction talk and a facilitators training pack is given. The volunteers attend to observe three groups before becoming a facilitator.

**Location:** The Village Centre, Englefield Green

**All project volunteers must be registered as Community Action Volunteers.**

**Times:** Wednesdays, 7.30pm-9.00pm

**DBS:** A DBS check is required for this role.

**Other:** This is not a counselling placement - the groups are not offering counselling rather they offer self-help.

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