

# Bristol Mind Volunteer Advocate

## Person Specification – Desirable Qualities

Bristol Mind



For better  
mental health

### Attitudes and Values

1. Commitment to helping people to take control of their lives.
2. Non-judgemental attitude.
3. Willing to challenge discrimination and prejudice.
4. Commitment to equal opportunities practice ie challenging racism, sexism, ageism,
5. Commitment to client confidentiality.
6. Patience.

### Skills and experience

1. Good listening and verbal communication skills.
2. Experience of self advocacy (e.g. making a complaint) and/or supporting someone through a difficult situation.
3. Ability to assist and support people who may be disempowered, vulnerable and distressed.
4. Ability to work in a way that allows people to lead the process, rather than 'taking over' from them.
5. Ability to assist and support people to speak up for themselves (in formal or informal settings).
6. Ability to separate your own experiences from other people's issues.
7. Interest in developing new skills.

### Areas of Responsibilities

1. To be available usually during the day and to be available for approximately 4 - 6 hours a week to work with clients.
2. To meet with clients in their home or other planned venue such as the office, community centre etc.
3. Empower the client to **choose** the level of support they need.
4. Attend meetings just as moral support or to speak out for the clients depending on what they want.
5. Take notes, write letters, find information from your supervisor or other resources. To seek information and refer people on to appropriate agencies
6. To take part in regular support and supervision.
7. To participate in on-going training.
8. To not knowingly place yourself in any situation which may compromise your personal safety.