

Volunteer Role – Time to Change Champion

Role Title:	Time to Change Champion	Service:	Time to Change Hub
Hours:	Flexible	Base:	Home

Responsible to:	Time to Change Hub Coordinator
Accountable to:	Marketing & Fundraising Manager

Role Summary:

A opportunity for anyone with personal lived experience of mental health to challenge the stigma and discrimination faced by people living with a mental health problem. Being a Time to Change Champion is a flexible commitment where you can work in whatever way you feel most comfortable to tackle stigma and discrimination. There will be training opportunities available from Time to Change.

Key Responsibilities:

Champions will promote the Time to Change movement and ethos within their local community. Activities may include the below but there will be opportunities to shape the delivery of the hub alongside the Hub Coordinator.

1. Having conversations about mental health with the people around you and talking about your experience.
2. Running a Time to Change activity in a café, train station or in your workplace.
3. Attending an event organised by the East Essex Time to Change Hub
4. Telling your story online or in the media.
5. Speaking up when people say stereotypical or damaging things about mental
6. Joining the Hub Steering group to shape and develop the hub
7. Attend Training opportunities where possible

What you can expect from us:

- Training opportunities from Time to Change
- Mileage expenses will be reimbursed in some cases
- Working with a small project team

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| <ul style="list-style-type: none">• Opportunity to develop skills and experience• A reference after 3 months volunteering with us |
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General:

- Undertake any relevant training as appropriate
- Carry out the role in accordance with all Mid and North Essex Mind's Policies and Procedures, including Confidentiality, Health and Safety and Equal Opportunities Policies
- The role holder will be expected to keep themselves up to date on all matters relating to Mid and North Essex Mind's procedures and policies.
- The role holder must familiarise themselves with matters relating to health and safety management as they affect them personally and/or Mid and North Essex Mind, reporting any potential risks to life or property immediately in accordance with the Mid and North Essex Mind's Health and
- Refrain from smoking in any area of Mid and North Essex Mind's premises not designated a smoking area.