



Job Description - Chill Zone Support Assistant

Context:

Chill Zone is a small group for children and young people aged 13+ with low-to-moderate mental health difficulties, such as anxiety and depression, to be able to mix with others of their own age in a safe, supported and undemanding way. The aim of the group is to limit the isolation of young people struggling with mental ill health and to help them feel safe in a social situation, improving their overall wellbeing.

The Job:

Chill Zone Support Assistants will support the group in the following ways:

- Setting up, maintaining and packing away equipment and materials
- Facilitating activities provided in each session
- Contributing to planning for sessions - eg with ideas for activities etc
- Providing support for young people attending the group - listening and engaging with individuals in an appropriate manner
- Ensuring they are familiar with information regarding the support of each young person in attendance - this will be provided in the 'About Me' forms, and a briefing given by the Chill Zone Manager
- Ensuring they are aware of any risks and how they are to be managed - briefing of any safety plans agreed will be given by the Chill Zone Manager at the start of each session
- Recording any concerns, incidents or accidents in accordance with the procedures set out
- Recording observations around the engagement of young people in the group as per the procedures set out for the group and with the direction of the Chill Zone Manager
- Supporting the safeguarding of young people in line with the policy and procedures of the charity
- Ensuring all relevant and required training has been undertaken



The Person:

Chill Zone aims to be a safe space for young people where they can feel accepted and welcome. We need a special kind of person to help us achieve this - Chill Zone volunteers will:

- Be passionate about supporting young people's mental health and wellbeing
- Be approachable
- Be patient
- Be able to respond to stressful situations in a calm manner
- Have some knowledge, understanding or experience of mental health issues
- Have some knowledge, understanding and /or experience of working with young people
- Have a 'can do' attitude - we are small charity working to provide services locally which are not widely available and as such, much of our work is ambitious.
- Be passionate about ensuring the safety and wellbeing of young people using our services
- Be willing to undertake the necessary training and induction for the role
- Be reliable and able to commit to supporting on a regular basis

*In addition, we are a charity that is passionate about ensuring inclusion and therefore welcome applications from people from all backgrounds, ethnicities and communities.

** This role is subject to Enhanced DBS Check (which will be paid for by Y:AMHS) and applicants will need to provide details for two references.