



SOMERSET & WESSEX EATING DISORDERS ASSOCIATION

ENGAGE • ENABLE • EMPOWER



Information Pack

Volunteer Counsellor

OCTOBER 2018

THE COACH HOUSE • HARVEST COURT • SHEPTON MALLET BA4 5BS • 01749 343344 • WWW.SWEDAUK.ORG

SWEDA

The story so Far

Somerset & Wessex Eating Disorders Association, better known as SWEDA, is a regional charity supporting people affected by eating disorders across Somerset and the surrounding area. Set up in 1992 by a group of sufferers and carers, SWEDA has since provided a range of services for people struggling with anorexia, bulimia, binge eating and compulsive overeating. Our services also provide support to family members & friends engaged in the difficult task of supporting someone close to them. SWEDA is a Pro-Recovery organisation based on the principles of Self-Help. We believe in enabling and empowering individuals, who **choose** to use our service to aid their recoveries, to live as satisfying a quality of life as possible. We are motivated by the importance of honesty, openness and trust in relationships with all users of the service.

Our Vision

To support everyone affected by eating disorders across Somerset and Wessex.

Our Mission

We engage with people affected by eating disorders, including family, friends and carers, by offering hope and enabling access to support services to empower recovery.

Our 9 Core Values

Safe	<i>Respecting boundaries and confidentiality.</i>
Flexible	<i>Providing family friendly services and workplace environment</i>
Professional	<i>Being an exemplar of good practice in all aspects of our work</i>
User Influence	<i>Listening to our clients to ensure they are at the heart of all we do</i>
Ambitious	<i>Motivated and aspirational in our work</i>
Collaborative	<i>Working in partnership with our clients, their families, statutory and voluntary organisations</i>
Pro-recovery	<i>Supporting our clients to remain hopeful that recovery is possible</i>
Compassionate	<i>To our clients, staff, and volunteers in time of need</i>
Holistic	<i>Responding to the complexity of our clients needs</i>

We believe that all people:

- Have the right to feel they belong and are valued
- Should have the freedom and opportunity to make well informed decisions
- Have the power to change and manage their lives

We endeavor to provide resources and informal, non-stigmatising services, which reflect the needs of the community.

We encourage people to use SWEDA to seek information, support and guidance in order to enhance their opportunities and make informed choices about their lives through the provision of our Support & Advice sessions, Counselling, Self-Help Groups, College Project and other services.

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We are committed to offering opportunities for those in recovery to gain skills and build confidence.



Organisational Structure

How we work

Board of Trustees

Lead Counsellor

CEO

Operations Manager

Counsellors

Y&C Worker

Administrator

Volunteers

Trainers

Group Facilitators

Fundrasier

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Role Description

The Role

Role Title:	Volunteer Counsellor
Office Location:	SWEDA head office, Shepton Mallet
Hours:	Between 1 & 3 hours per week
Out of pocket expenses:	We pay for mileage to our offices in Shepton – (up to 32 miles per round trip journey)

We are looking to add to our team of Volunteer Counsellors. This role requires a Trainee Counsellor working to level 4 of a counselling diploma, or a fully qualified Counsellor. You will be working in a one to one environment offering counselling to our clients who either have an eating disorder or who are caring for someone with an eating disorder. It is essential to have a willingness to embrace and develop a broad range of counselling models.

We ask you to:

- Provide between 1 & 3 voluntary counselling hours per week. We usually ask you to start with one client and then progress to a maximum of 3 clients, when you feel you are ready.
- Work within the professional boundaries and ethics as outlined by the BACP.
- Carry out client reviews alongside the Lead Counsellor to ensure the service is still appropriate for the client.
- Attend clinical supervision on a monthly basis.
- Maintain appropriate record keeping in line with data protection requirements.
- Support the aims and objectives of SWEDA.
- Comply with the culture and policies governing the organisation.

We will provide you with:

- Monthly supervision (nb: you are asked to meet some of the cost)
- Free CPD training (up to 4 per year)
- Out of pocket expenses (up to 32 miles per round trip),
- A supportive environment to carry out your counselling work

Recruitment Process



- Closing Date for Applications – Midday on 30 November, followed by shortlisting
- Invite to attend 2 day training workshop (NB: there is a cost of £90 to attend the training) – 23 & 30 January 2019
- Formal Panel Interview with members of the SWEDA team – 06/02/2019
- Notification that you have been successful/unsuccessful

If you would like to apply for the role of Volunteer Counsellor; please complete the Volunteer Counsellor application form and return to Sam Best, Operations Manager @ sambest@swedauk.org or post to: SWEDA, The Coach House, Harvest Court, Park Road, Shepton Mallet, BA4 5BS.

Good Luck with your application 😊