



# cysylltu | connect

## Group Connector Role Description

<b>Organisation / department</b>	CONNECT and Discovery
<b>Role title</b>	Group Connector
<b>Reporting to</b>	CONNECT Student Project Coordinator - Groups
<b>Days and times required</b>	Approximately 2 hours per week - currently Wednesdays 1.30 – 3.30pm ( <i>This may vary and opportunities may become available throughout the week</i> ) Volunteers must also attend two x 3-hour induction workshops before commencing role.
<b>Time Commitment</b>	Minimum of 2 terms
<b>Person Specification</b>	<ol style="list-style-type: none"><li>1. Warm, approachable and keen to engage with other students</li><li>2. Enthusiastic and interested in health &amp; wellbeing</li><li>3. Excellent listening skills</li><li>4. Confident in co-facilitating group sessions for students</li><li>5. Willingness to promote workshops, events, activities, societies, volunteering and other opportunities across the University and in the community.</li><li>6. Willing to work with other volunteers to come up with ideas for new &amp; future wellbeing sessions</li><li>7. The ability to record basic information about tasks undertaken</li><li>8. Recognises personal boundaries, the boundaries of the project and when to seek additional support</li><li>9. A team player</li></ol>
<b>Purpose of role</b>	<ul style="list-style-type: none"><li>• Support with the facilitation of group wellbeing sessions for students in the University</li><li>• To support the CONNECT project in reducing student isolation and improving wellbeing &amp; positive mental health</li><li>• Promote positive behaviours and choices that support good mental health amongst the student community</li></ul>
<b>Main tasks might include</b>	<ol style="list-style-type: none"><li>1. Work as a team to organise and deliver group wellbeing sessions for students.</li></ol>

	<ol style="list-style-type: none"> <li>2. Create activities &amp; resources for group sessions.</li> <li>3. To offer a listening ear to worries and concerns that a student might have.</li> <li>4. To offer basic knowledge and practical skills to students to increase self-care skills and direct them to helpful resources and signpost to services.</li> <li>5. Keep up to date with campaigns and events for promotion e.g. Mental Health Awareness Week, safer alcohol use, managing stress.</li> <li>6. Promote self-help resources, workshops &amp; training</li> <li>7. Support the CONNECT team at events, for example, inductions, open days, fresher's fayres and arrivals.</li> <li>8. Find out what additional wellbeing support students would welcome.</li> <li>9. Undertake small positive actions such as paying another student a compliment, asking them how they are.</li> <li>10. Attend regular group supervision sessions to reflect on your role.</li> </ol>
<b>Training/support</b>	<ul style="list-style-type: none"> <li>• Student Mind's 'Look After Your Mate' workshop</li> <li>• Connector induction workshop</li> <li>• Ongoing support from Student Project Coordinator and CONNECT Project Coordinator</li> <li>• Reimbursement of expenses</li> <li>• Opportunities to undertake additional training and attend upskill sessions</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>• Experience of working within the field of student wellbeing &amp; mental health</li> <li>• Opportunity to develop communication skills</li> <li>• Increased confidence in working with groups</li> <li>• Work within a team of enthusiastic volunteers</li> </ul>