

Job Description New Grow Program – Mental Health Support

EXPRESSION OF INTEREST FOR VOLUNTEER POSITION – GROUP SPONSOR

The role of Sponsor is to facilitate and support a Grow Group in line with Grow's established Program. Grow Groups are generally and preferably run by its members (Group Organiser) but in some instances, there is not the necessary leadership amongst Group members to take up the role. In such instances, a Group Sponsor is recruited until an ordinary Group member can step into the role.

The role requires a commitment of at least 12 months. Successful applicants will be provided with comprehensive training in the role and ongoing support. Specifically, the role requires the sponsor to:

- regularly attend the weekly Grow Group meeting which runs for 2 hours plus time to set up for the meeting and talk with members following the meeting;
- attend the bimonthly Organiser's and Recorder's Meeting which provides peer support to other sponsors and group organisers;
- maintain weekly contact with Grow staff;
- attend Grow Training, including residential training as applicable
- undertake outreach create awareness of the Group and attract referrers or new members;
- ensure that the Grow Program is faithfully presented at each Group meeting in accordance with the Grow Group Method;
- cultivate the spirit of friendship and mutual help between all Group members
- participate in social activities;
- empower members and work alongside them to develop their recovery and leadership that will eventually enable a Grow member take up the role of Group Organiser;

Expressions of interest should be no longer than two pages and include reference to the following nominations criteria:

- *Commitment to personal growth and development.* Examples include experience in overcoming life's challenges, including a lived experience with mental health issues or other life challenges, your understanding of empowerment and personal responsibility, qualifications and experience in the sector, etc
- *Commitment to the Grow Program.* examples include an understanding of how you might use Grow's values in your role, understanding or experience with recovery practice in mental health, ability to learn, understand, use and share the Grow Program, etc
- *Leadership or potential Grow Leadership.* Examples include how you have used your own personal leadership to support or challenge others in a manner that has assisted their personal development and growth, your commitment to this role, including regular attendance, participation in training, participation in community outreach, etc
- *Outline areas of this role you may find challenging*

Final nominations will include an interview with the Program Coordinator and up to two Grow members.

For more information about Grow and this role contact Justin Carr, Program Worker – Sydney Metro on 0407 792 400

This initiative is a partnership project between Jubilee Community Services Inc. and Grow Mental Wellbeing Programs.