

## **Volunteer Role Profile - Community Day Rehab**

### **About us:**

The Community Day Rehab, (CDR), runs with a small staff team. Volunteers are an integral part of this team. CDR has capacity for twenty clients, both men and women who wish to change their problematic behaviours, including behaviour around substance and alcohol use. Clients attend daily from 10:00am to 4:00pm Monday - Friday and build their recovery in their own communities. The program runs for 12 weeks with clients asked to commit to attending for the full time. Once the program has been completed the client is offered 12 weeks of aftercare from the CDR team.

The CDR employs the Acceptance and Commitment Therapy, (ACT), approach. All CDR staff and volunteers should be committed to this approach and are encouraged to practise the model in their own lives in order to offer the best possible service to our clients.

A typical day starts with mindfulness group practice which staff also take part in whenever possible. There is then an ACT based therapy group followed by lunch. In the afternoons there is an activity group such as art or crafts and at the end of every day there is reflective practice. The CDR team also run groups in the community for clients that want support without committing to the CDR program.

### **Skills:**

- Have good listening skills
- Be able to create rapport with people from a wide variety of backgrounds
- Be open and encouraging
- Have patience and strong relationship skills
- Be non-judgemental and flexible in your approach

### **Your role will include, but not be exclusive to:**

- Opportunity to learn the role of a co-facilitator of groups
- Answering the phone to clients and other services
- Preparing lunch for up to 20 clients
- Ensuring the CDR's daily upkeep and cleanliness
- Offering support to the clients including making phone calls. Appointments and general one to one support
- Liaising with other agencies
- Attending training opportunities
- Supporting staff with the day to day running of the service

Due to the vulnerability of our clients a criminal record check, (DBS), will be required. We will offer training in Safeguarding, Client Confidentiality, and dealing with difficult situations.