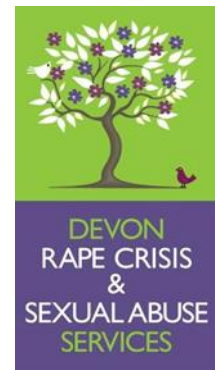


# Volunteer Role Description: Specialist Support Volunteer



**Organisation:** Devon Rape Crisis and Sexual Abuse Services

**Location:** Exeter, Barnstaple and Torquay

**Reports to:** Specialist Support Team Leader

**Commitment:** A total of 38 hours per year.

To support the delivery of 2 trauma stabilisation groups a year (each group runs for 8 weeks and are 2 hours weekly). Preferably one group per 6 months.

Attend clinical group supervision (1 hour every 2 months = 6 hours a year)

Volunteers will also be encouraged to engage with our delivery partners in the provision of group work to diversify skills and form closer partnership working.

## **Role Purpose**

To provide trauma-informed, empathetic, and confidential support to survivors of sexual violence attending support groups at DRCSAS. The impact of this role helps survivors to navigate their healing journey and fully access the group. This role is vital in ensuring survivors feel heard, validated, and empowered.

## **Key Responsibilities**

- Offer emotional support during a group, supporting the paid member of the team to lead the group. This includes helping them to access quiet spaces outside of the group if in distress, leaving the paid member of staff to continue to support the rest of the group.
- Provide information about survivors' rights, options, and available services if survivors ask for this after the group.
- Signpost survivors to practical help (e.g., housing, benefits, legal advice) if asked during the group or after the group.
- Maintain accurate and confidential records in line with safeguarding and data protection policies if asked to do so by the member of staff leading the group.
- Attend regular group supervision and reflective practice sessions with other volunteers delivering this role.
- Work collaboratively with staff and other volunteers to ensure continuity of care.
- Uphold the values of the charity, including non-judgment, empowerment, and inclusivity.

## **Training and Support**

All volunteers receive comprehensive training covering:

- Understanding sexual violence and its impacts
- Trauma-informed approaches
- Active listening and communication skills
- Safeguarding and confidentiality
- Boundaries and self-care
- This is aligned with OCN Level 2 Understanding and Working with Sexual Violence

Ongoing support includes:

- Clinical supervision every other month with a group of volunteers
- Peer support group meetings if arranged
- Access to further development opportunities including learning and development opportunities

## **Skills and Qualities Needed**

- Compassionate, patient, and non-judgmental
- Strong communication and active listening skills
- Ability to maintain boundaries and confidentiality
- Emotionally resilient and self-aware
- Commitment to equality, diversity, and anti-oppressive practice
- Previous experience in support work or lived experience is valued but not essential

## **Safeguarding and Confidentiality**

Due to the sensitive nature of the role, all volunteers must undergo:

- Enhanced DBS checks
- Safeguarding training
- Commitment to the charity's confidentiality and safeguarding policies

## **What You'll Gain**

- Deeply meaningful experience of supporting survivors
- Skills in trauma-informed care and advocacy
- Personal growth and emotional intelligence
- Being part of a passionate, supportive community
- Solidarity with other women working in this field

## **What We Offer**

- Free clinical supervision and ongoing training
- Supportive team environment
- Opportunity to make a meaningful impact in survivors' lives
- Expenses