

Volunteer Facilitator

A Little Bit of Sunshine UK

Hours:	Part-time (flexible) - 2-3 hours per week - varies across the project
Terms:	This is a temporary volunteer role
Responsible to:	Project Lead - Finding Your Sunshine
Department:	Projects
Location:	Oxford (must be able to deliver workshops in person in schools and community settings)

Applicants must be willing to undergo an Enhanced DBS Check for this role.

About A Little Bit of Sunshine

We are the voice for young people navigating mental health challenges. A Little Bit of Sunshine ensures their experiences shape the support they need and deserve. Our belief is simple: those closest to the issues are best placed to create the solutions. We connect young people and decision-makers to co-create a mental health system that works for everyone.

As this role is new, you will have the opportunity to shape it. We're looking for someone who can work well in a team and engage young people in conversations about mental health, wellbeing and building strong relationships.

About the Project

We're launching Finding Your Sunshine, a co-produced workshop project looking to create wellbeing resources for young people. It brings together young people aged 15-19 and student facilitators who have recently left education in a near peer model designed to build trust, share experiences and co-produce tools for young people.

Through a series of interactive workshops, young people will be supported to explore what mental health means to them by reflecting on their own experiences and working together to design a toolkit that can be used by young people in the community. These tools are created with young people and will be rooted in real experiences,

Purpose of the role

As a Facilitator you will support the co-designing and delivery of our pilot project Finding Your Sunshine. This project is a series of workshops that help young people aged 15-19 to explore mental health, build wellbeing toolkits and connect with relatable and

supportive peers. We will support facilitators with training in how to deliver a workshop, safeguarding, youth mental health and encouraging voice and participation.

We are looking for around 7-8 volunteers for this project. We ask that facilitators are available to attend meetings to explore content for the workshops and can deliver at least three workshops in their time with us.

Our values

We expect everyone in our organisation to be committed to our values and share our ambition to become a more diverse and inclusive charity. For more information on our charity visit us at www.albos.org.uk/about-us.

Our values:

Accessibility	We will provide fair and open access to volunteer opportunities and support services in our communities.
Leadership	We will motivate ourselves and others to meet our aims and support the young people we serve.
Belonging	We will create and foster an inclusive culture of support and acceptance for everyone involved with the charity.
Open-mindedness	We will take on board other people's ideas to ensure we meet our aims.
Selflessness	We will act with less concern for ourselves and more for the charity's success and our mission.

Key Responsibilities

As a facilitator you will:

- Work collaboratively with facilitators on the project, the project lead and other ALBOS staff to design a two-part mental health and wellbeing workshop series
- Contribute ideas, feedback and lived experience perspectives during group discussions and reflections
- Support in creating a wellbeing toolkit that young people can access after workshops
- Deliver engaging and youth friendly workshops giving young people a basic education of mental health, wellbeing and early recognition of struggles
- Maintain high standards of safeguarding and confidentiality
- Share lived experience to improve resources

Person Specification

We particularly invite applications from young people who have recently left education, and people with lived experience of mental health and neurodiversity.

Essential experience

- Interest in young people's mental health, neurodiversity, youth participation or community work.
- Ability to work collaboratively as a small team
- Good communication and interpersonal skills
- Commitment to creating safe and inclusive spaces for young people

Desirable experience

- Experience working with young people
- Understanding of safeguarding or mental health support
- Previous experience in facilitation, tutoring, mentoring or youth leadership

Skills and competencies

- Strong verbal and written communication skills
- Ability to build positive relationships with peers and young people
- Confidence (or willingness to build confidence) in leading discussions and facilitating workshops

General

- Commitment to our mission, vision, and values as a charity
- Self-motivated and able to work remotely
- Willing and able to travel across the UK where necessary
- Applicants must have or be willing to obtain Enhanced DBS clearance (A Little Bit of Sunshine will fund this)

For an informal conversation about the role please contact Rach Bowen (Project Lead) at ***Rach.Bowen@albos.org.uk***.

This role is exempt from the provisions of the Rehabilitation of Offenders Act.

This role profile is intended as an outline indicator of general areas of activity and will be amended considering the changing needs of A Little Bit of Sunshine. It is expected that the post holder will be as positive and flexible as possible in using this document as a framework.

Prepared by: R.Bowen

Date of Preparation: January 2026