Group Leader Role Description

The PANDAS Foundation provides support, advice and a voice for those coping with perinatal mental illness. PANDAS provide both virtual and safe environments for peers to support one another often providing the first step in an individual's recovery. The PANDAS Foundation relies on the generosity of volunteers and fundraisers, supported by a strong management team and board of trustees.

We have several platforms in which people can receive support, including our helpline, social media, email, Facebook groups and local support groups.

PANDAS Support Groups are there as a safe-space, with no judgement Some groups tend to have an informal set up, used to meet likeminded people in a safe environment. Many groups also like to gain involvement from outside organisations or guest speakers, such as midwives and counsellors. Group leaders can also arrange a variety of activities within their group, through request or general interest in a specific area. Each individual group will find their own way of running, which suits their members needs and interests.

Please note that our group leaders are not necessarily trained counsellors or healthcare professionals and therefore, the groups are not treated as such. It is focused fully on peer support – and not seen as a medical intervention service. The groups are informal and a way for members to build relationships whilst receiving genuine support from people who understand. Group members can also learn new skills and undertake activities such as knitting, mindfulness and baby massage. There is a lot of autonomy in running your group. There are just a few things that we ask you adhere to!

Requirements:

- You must have an interest in perinatal mental health
- You must be willing to undertake an enhanced DBS check
- Complete all PANDAS mandatory training
- You must be able to demonstrate that you are caring in nature
- Have an awareness of confidentiality and safeguarding
- Understand what is appropriate for the group
- Be able to follow the policies and procedures within the group

- Communicate well with members of the group
- If you are a healthcare professional, you must NOT act in that capacity within the group
- Have an understanding of what PANDAS can offer, through the completion of the application form and sending in a short video of why you should be a PANDAS support group leader.

Role:

- Advertising, preparation and running of the group
- Be able to lead the group
- Know when to act on safeguarding concerns, in line with PANDAS policies
- Make and prepare refreshments if necessary
- Discuss sensitive topics with group members if they wish
- Complete monthly supervision surveys and communicate with PANDAS support group team on a regular basis
- Attend monthly zoom calls with the support groups manager, and if unable to, you must watch the recording and come back with key points.
- Report attendance numbers monthly
- Dedicate regular time to the organization, admin and delivery of your group
- Carry out a fundraising event for the PANDAS foundation in June to align with the PANDAS Foundation birthday.
- Adhere to all safeguarding/social media/GDPR policies
- Look after yourself – if you need a wellbeing chat – you let the support groups manager know.

If you feel that you can fulfil the requirements of support group leader, please contact Natalie Stevenson (Support Groups manager) at: natalie.stevenson@pandasfoundation.org.uk