

Volunteer Guide



What is **PEACE of Mind**

PEACE of Mind is a FREE, cross-community wellbeing and personal development programme for young people aged 11–25 in Northern Ireland and the border counties of Ireland.

For more than six decades, **Inspire** has supported people across our communities with person-centred mental health services.

That experience sits at the core of PEACE of Mind, shaping a programme designed to meet young people where they are and respond to the challenges they face today.

Our commitment to supporting people and their wellbeing guides every element of the programme. We understand that young people need spaces that feel safe, welcoming and genuinely supportive.

PEACE of Mind gives young people the opportunity to build confidence, strengthen their emotional resilience and develop practical strategies they can use in everyday life. Through group discussions, guided activities and meaningful conversations, participants learn tools that help them navigate pressures, relationships and personal challenges in a healthier, more grounded way.

At its heart, PEACE of Mind is about ensuring young people feel seen and supported, and empowering them to move through the world with greater skill, confidence and connection.

PEACE of Mind Volunteer Role Overview

Building on these foundations, the PEACE of Mind programme also offers young people the opportunity to take their experience further through a volunteering pathway.

The following role outlines how participants can continue their journey by supporting others as a Volunteer Facilitator, helping to create the same safe, supportive spaces they have experienced themselves.

Location: This role will mainly take place within the local community. As this is a regional, cross-border project delivered across Northern Ireland and border counties, you may be required to support group activity in other locations where appropriate

Responsible to: PEACE of Mind Service Manager

- Time & Commitment:**
- Volunteers will have completed the full 6-week POM programme, giving them a strong understanding of the participant journey.
 - They will take part in Peer Facilitation Training to develop the skills, confidence, and knowledge needed to support others.
 - A volunteer induction session will introduce key information around the role, including expectations, safeguarding, and programme standards.
 - Volunteers are encouraged to commit to co-delivering a full 6-session block of the POM programme alongside a lead facilitator, with sessions typically lasting between 1–2 hours.

About The Role

The PEACE of Mind Participant Facilitator will take part in a structured six-week personal development and wellbeing programme designed to build confidence, emotional resilience and practical coping strategies.

Followed by Peer Facilitation training which will equip with skills to manage a group work setting, design and develop a session plan and build confidence in delivering programmes.

Participants who successfully complete the programme will progress to supporting peer-to-peer facilitation, helping to co-deliver sessions and create safe, inclusive spaces where young people can connect, share experiences and support one another.

Working alongside Inspire staff, this role contributes to a youth-led, supportive and strengths-based environment, where participants are empowered to develop skills, build relationships and improve their overall wellbeing.

This role also provides a clear development pathway, supporting participants to build confidence, leadership skills and experience that can contribute to future education, training and employment opportunities.

Why Volunteer With Team Inspire

As a valued member of Team Inspire, you will make a meaningful contribution to supporting the wellbeing of others while developing your own skills and confidence.

You will benefit from:

- Completion of a recognised wellbeing and personal development programme
- Opportunities to develop confidence, communication and leadership skills
- Experience of peer facilitation and group work
- Skills in supporting wellbeing, resilience and positive relationships
- Ongoing support from Inspire staff and access to a wider peer network
- Experience and skills gained through this role can be used to strengthen UCAS applications, personal statements and CVs

What You'll Do

In this role, you will support the delivery of Peace of Mind sessions and help create a positive, inclusive experience for participants.

You will:

- Take part in and complete the Peace of Mind programme
- Support group sessions alongside Inspire staff
- Help run simple activities, including icebreakers
- Encourage others to take part and feel included
- Help set up and tidy the space before and after sessions
- Work positively with others and be part of the team
- Follow guidance around confidentiality and safeguarding

What We're Looking For

You don't need to be an expert - what matters most is your attitude and willingness to get involved.

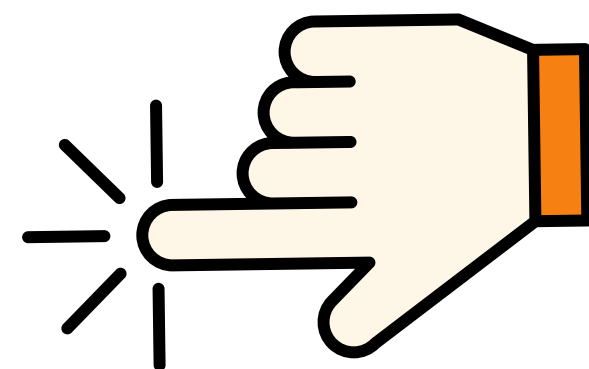
We'd love to hear from you if you are:

- Friendly, approachable and happy to engage with others
- Creative or interested in leading activities (experience is helpful but not essential)
- A good listener who respects others' experiences and perspectives
- Reliable, patient and adaptable
- Comfortable working as part of a team
- Willing to learn and follow guidance around safeguarding and confidentiality
- Supportive of Inspire Wellbeing's values and vision

How to Get Involved

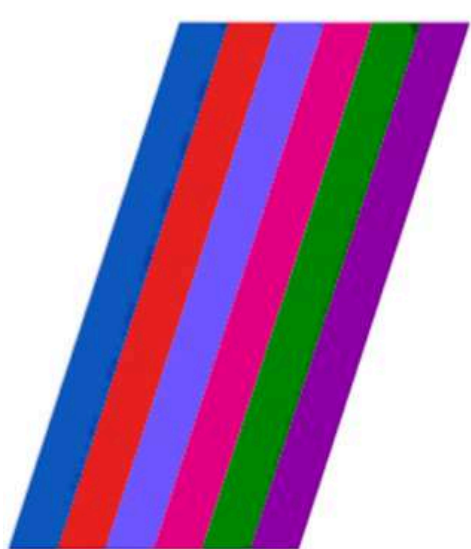
If this sounds like something you would enjoy, we'd love to hear from you!

[Click here for more information](#)



Or contact: volunteering@inspirewellbeing.org

This is more than a programme, it's the start of your journey to confidence, connection and making a real impact



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Northern Ireland
Executive
www.northernireland.gov.uk



Rialtas
na hÉireann
Government
of Ireland



PEACE of Mind
empowering young minds,
building resilience

Inspire
Wellbeing Ability Recovery

verbal
EVERY STORY MATTERS

**The Open
University**

Cedar
Opportunity Choice Inclusion

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)