

Role Description

ROLE TITLE	Living By Experience Team (LETs)
DEPARTMENT	Children and Young People's (CYP) Services
REPORTING TO	CYP Service Manager (Charlette Lomas)
HOURS	0-hour LETs contract depending on events, advisory board meetings, and the upcoming running of groups.
BASE	Coventry and Warwickshire Mind buildings and community bases, with events taking place across the local area.
BENEFITS	Coventry and Warwickshire Mind will offer you training and references for further education or employment opportunities.

ROLE PURPOSE	ROLE PURPOSE We're looking for people with lived experience, past or present, to join our Living by Experience Team (LET) and use their journey to make a real difference. This is your chance to turn experience into impact, helping shape better support for others while growing in confidence and purpose. As part of the role, you'll gain new skills through training, build your experience, and receive references to support future applications for education, volunteering, or employment. This isn't just a role, <u>This isn't just a role</u>, it's an opportunity to use what you've been through to create positive change, for yourself and for others.
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KEY RESPONSIBILITIES
1. MAIN RESPONSIBILITIES OF THE POST The Living by Experience Team (LET) volunteer role is open to individuals aged 18 and over who live in Coventry or Warwickshire. As a member of the team, you will play an important part in strengthening our mental health support services by using your lived experience to inspire, guide, and empower others. Your insight is highly valued, and you will be expected to share your experiences safely and appropriately within groups, meetings, projects, and training sessions to improve understanding and reduce stigma. In this role, you will support young people through positive role-modelling, offering hope and encouragement so they feel heard, understood, and less alone. You will also contribute to service development by taking part in feedback, consultation, and co-production activities that help shape how services are delivered now and in the future. The position includes participating in workshops and community activities that promote wellbeing, confidence, and life skills, working alongside professionals as an equal partner, and maintaining clear professional boundaries to protect both your privacy and the wellbeing of others. We recognise the strength required to use personal experience in this way, so it is important that you are in a stable and positive place in your own mental health journey before taking on the role. You will receive

monthly supervision and ongoing support from your manager, and if at any time you need to pause or step back, we will fully support you, as your wellbeing will always come first.

Advocacy and Awareness

1. Sharing Personal Stories: Sharing their personal experiences with mental health issues to educate others and reduce stigma.
2. Groups: Participating in groups settings, events, and meetings to raise awareness about mental health issues.

Support and Mentoring

1. Peer Support: Providing emotional and practical support to individuals currently experiencing mental health problems.
2. Mentoring: Offering guidance and support to newer young people, peers, and staff.

Community Engagement

1. Networking: Building relationships with other mental health organisations, service users, and community groups.
2. Event Participation: Taking part in charity events, fundraising activities, and community outreach programs.

Organisational Support

1. Documentation: Participating in recording different ideas within groups, providing different structure and strategies for group settings, and maintaining confidentiality.
2. Coordination: Assisting in the coordination of volunteer activities.

Supporting the organisation's 5-year business plan

1. Ensuring that the organisation's 5-year business plan is relevant to children and young people and implemented in a way that meets their needs.
2. The business plan is from 2022-2027 and looks at the themes of Innovation, Courageous, Impact, Diverse and Inclusive.

This role description may be subject to change by agreement from time to time, to reflect the changing needs of the CYP Service, Consortium Organisations or the Funders.

By filling in the registration form [.click here](#) you are agreeing to offer your time as an Living By Experience Team (LETs) and will be contacted with details of your new responsibilities.

Person Specification

At Coventry, Warwickshire, and Worcestershire Mind, we recruit staff, LETs, and volunteers based on the skills and experience they bring to each role. We are committed to supporting and developing our team, ensuring everyone has the opportunity to perform at their best. With comprehensive training and ongoing development, we empower our team to grow, thrive, and make a real difference in the communities we serve.

Essential/Desirable	
ATTITUDES	
• A positive and hopeful attitude towards mental health/wellbeing and helping services provide the best support possible to those who need us.	E
• It's important to be on a journey of mental health recovery and feel comfortable sharing your current challenges.	E
• Enthusiastic and creative.	E

● Commitment to doing your best at events and meetings. ● Open-minded and inclusive towards individuals of different genders, sexual orientations (including LGBTQ+), ethnicities, and backgrounds, so everyone feels respected and valued.	E E
SKILLS AND ABILITIES ● Good communication skills – this could be expressing yourself through writing, confidently speaking your mind, conveying messages through art, or using social media platforms. ● Openness to collaborating in a team and ability to thrive among diverse peers. ● Good time management and organisational skills. ● Ready to tackle challenges.	E E E E E

NAME OF AUTHOR	Charlette Lomas
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