



The Ted Senior Foundation

'Clear eyes, full hearts, can't lose'

Ted's Friend: Role description

Core responsibilities

- To be the nominated and visible club champion, and first point of contact for mental health related issues for club members.
- To have an in depth understanding of all services and opportunities available to students at University of Bristol to support mental health and signpost to these accordingly. The role is designed to complement established professional and clinical services, not to be a substitute for them.
- To be the point of contact for all students engaged with the University's Healthy Minds scheme.
- To play an active role in a network of other Ted's Friends who meet monthly to discuss emergent themes and challenges, propose collective solutions and benefit from training and development to support their roles and themselves.
- The position can be taken on by existing welfare officers who are seeking to receive high-class training to enhance their role, or who feel they would benefit from a wider network of likeminded individuals from other clubs.
- To collect and share feedback, both on issues within the club and the scheme in general.

Requirements:

- The role is open to all elected committee members of Bristol University sports clubs.

Extra/optional activities

- Propose changes to club policy or operation to support improved mental health in conjunction with the SU and SHE
- Organise events to enhance wellbeing
- Support broader charity promotion and campaigning (social media).

Skills/Characteristics: Communication/empathy/patience/diplomacy/integrity

What to expect from us:

- Personal development through constant training opportunities, paid for by TSF.
- Professional development. Practical experience in the field of mental health which can be used throughout your life and career.
- TSF merchandise to help promote your role.
- Free entry to events representing the Foundation, such as runs or cycles.

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