**Peer Mentor Volunteer**

Project/Service: Peer Mentoring Project (AWP and St Mungo’s)

Location: B&NES

Support and supervision from: Claire Lawrence, Peer Mentoring Coordinator

**Commitment:** Flexible, but as a guide, a minimum of 4 hours per week with a commitment to a minimum of 6 months. Initially in the first 6 weeks there are additional hours for training, including; 2 days induction training and 2 further training days. There will also be monthly 1:1 supervision and a monthly coaching group for peer mentors.

**Where will I be volunteering?**

Community based within B&NES or Hillview Lodge, RUH.

**What will I be doing?**

* Motivating and supporting mentees to make positive choices about their lives to help improve wellbeing and resilience – in turn increasing confidence and self-esteem and enabling them to link with their community.
* Supporting mentees to identify a goal, something they would like to achieve in terms of wellbeing and helping them break this down into achievable steps.
* Where appropriate accompanying service users to activities or groups in the local community; helping them to build local support networks and use their time meaningfully.
* Providing practical and emotional assistance by sharing coping techniques and practical tools, having empathy and understanding based on personal experience of managing living with mental health challenges.
* Raising awareness of the Peer Mentoring Project and its positive impact, encouraging people to talk about mental health to reduce stigma.
* Adhering to Trust policies and procedures.

***Mentors based on Sycamore Ward will:***

* Co-run groups/activities as part of a weekly activity timetable to raise awareness of around the support offered.

**What skills and qualities do I need?**

* Personal experience or understanding of mental health issues, preferably but not essentially ,as a B&NES service user, but potentially also through family experience
* Ability to listen and communicate well with a range of people
* Ability to empathise with people in distress and an enthusiasm to work with this client group
* Ability to inspire confidence and trust, and to demonstrate patience and respect.
* A creative and positive approach to motivating and supporting others
* Willingness to attend relevant training, to develop you in your volunteer role
* Ability to be reliable, responsible and consistent
* Willingness to undergo a DBS check
* A non-judgemental and empowering approach to working with the people you will support
* Ability to work within professional boundaries and adhere to the AWP confidentiality policy
* Ability to know when to ask for support or assistance, when needed
* An understanding of equal opportunities & diversity and a willingness to apply these in your role

**What support will I receive?**

* A variety of core training including; boundaries & confidentiality, safeguarding, lone working, managing challenging situations and effective communication, along with additional training offered to support the role and personal development
* Regular support and supervision from the peer mentoring coordinator
* Out of pocket travel expenses will be reimbursed.

**How to apply:**

Contact Claire Lawrence to arrange to attend an information session. You will then need to complete the Expression of Interest form which is available on the New Hope B&NES website. If you need support with filling out the online application please get in touch. Contact details:

**Email:** [claire.lawrence@mungos.org](mailto:claire.lawrence@mungos.org) **Telephone:** 07736457670