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| Reports To: | PCN Team Leader |
| Direct Reports: | None |
| Location: | Chandlers Ford PCN (GP Surgeries within the Chandlers Ford Primary Care Network) |
| Hours: | 7.5 Hours Per Week |
| Salary: | £24,975- £26,905 Pro-rata per annum (Solent Mind Band B) |

Purpose:

Peer Support roles are specifically for people who have lived experience of mental health problems. Through sharing wisdom from their own experiences, peer support staff will inspire hope and belief that recovery is possible in others. The Peer Support roles will work with the Wellbeing Assessors and Team Leads to provide Wellbeing support to patients within their particular Primary Care Network (PCN). This part of the Solent Mind Wellbeing Service provides one to one wellbeing support within the GP practices, working alongside the wider Primary Mental Health & Wellbeing service.

Peer support is short term support given to people who need extra support with the 'doing' side in their recovery journey. By using their own experiences to help each other, providing a safe space where people feel accepted and understood. Peer Support Workers use their own lived experience of mental health problems to support, inspire and accompany patients on their recovery journey.

Principal Accountabilities:

- Working with colleagues from across the Primary Care Network (PCN) and mental health services to identify people that may benefit from peer support and plan work accordingly.
- Working with people one to one, managing your own caseload of service users to support their recovery, and help them access relevant services and groups.
- Supporting people to develop and use a range of skills and techniques to help their wellbeing.
- To support and encourage participants to identify their own strengths, triggers and life goals.
- To maintain appropriate records of participation and progress, recording on client management systems (CRM/SystemOne/Emis) as required.

- Develop links and maintain good relationships with local community.

General:

- Adhere to the aims, values, policies and procedures of Solent Mind, particularly safeguarding and health & safety.

This list is non exhaustive and other duties may be required to meet the needs of Solent Mind

| Requirement | Essential or Desirable |
|---|---|
| <p>Qualifications/Education/Training:</p> <ul style="list-style-type: none"> Educated to a minimum level 2 standard or relevant experience. | Essential |
| <p>Experience:</p> <p>Have lived experience of mental health problems and using mental health services.</p> <p>Experience of working with people with mental health needs, in a paid or voluntary capacity.</p> <p>Experience of working in partnership/multi agency working.</p> <p>An understanding of the role of peer support within mental health.</p> <p>An understanding of the key difficulties and challenges faced by people on their recovery journey.</p> <p>Experience of helping people identify their own goals on their recovery journey and the ability to support people in pursuing these.</p> | <p>Essential</p> <p>Desirable</p> <p>Desirable</p> <p>Essential</p> <p>Desirable</p> <p>Desirable</p> |
| <p>Knowledge/Skills/Competencies:</p> <p>Excellent team working skills including listening, constructive feedback, respect and dignity and skill sharing.</p> <p>Demonstrate the knowledge, confidence and skills to work with people with a range of needs.</p> <p>Demonstrate a knowledge of mental health services, local support services, related groups and organisations and the skills and confidence to engage with them.</p> <p>The ability to manage time and competing priorities and take responsibility for your own work, accountabilities and caseload.</p> <p>Excellent communication and organisational skills including written and I.T., including use of Microsoft Office packages and confidence with using client management IT systems, such as CRM, SystemOne or Emis.</p> <p>The ability to maintain and monitor accurate recording of participation, progress and outcomes.</p> | <p>Essential</p> <p>Essential</p> <p>Desirable</p> <p>Desirable</p> <p>Essential</p> <p>Desirable</p> |

| Requirement | Essential or Desirable |
|---|---|
| <p>Other:</p> <p>Demonstrate skills in managing your own health and wellbeing.</p> <p>Demonstrate a solid understanding of the importance of confidentiality, boundaries and safeguarding.</p> <p>Willingness to work flexible hours to meet service needs.</p> <p>Ability and willingness to travel to other Primary Care Networks and Wellbeing Centres.</p> <p>Commitment to Solent Mind's values.</p> <p>Commitment to Solent Mind's Equal Opportunities and Diversity and Inclusion Policies.</p> <p>Willingness to undergo a relevant DBS Check if required.</p> | <p>Desirable</p> <p>Desirable</p> <p>Essential</p> <p>Essential</p> <p>Essential</p> <p>Essential</p> |

Date job originated: December 2019
Date job reviewed: July 2023
Reviewing Manager: MB