

<b>Service:</b>	<b>Youth Affinity Project</b>
<b>Section:</b>	<b>Peer Support</b>
<b>Location:</b>	<b>Southampton (various community settings combined with some remote working)</b>
<b>When:</b>	<b>To start as soon as possible</b>
<b>Commitment Required:</b>	<b>Monday-Friday between 09.00am and 5.00pm (Hours to be agreed)</b>

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### **Role Purpose:**

Solent Mind is working in partnership with other local organisations to deliver the Youth Affinity programme which offers a range of support and opportunities to young people in the Hampshire area. As part of the programme, Solent Mind delivers a bespoke peer support pathway for young adults, including group sessions and one to one mentoring to support and equip them with the skills and understanding to achieve and maintain good wellbeing.

Peer Support is recognised as a key component of modern mental health and wellbeing provision. 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 and volunteers will inspire hope and belief that recovery is possible in others. They will work in support of Solent Mind's vision, "We won't give up until everyone experiencing a mental health problem gets both support and respect".

### **Main Responsibilities:**

As a volunteer you will be supporting people between the ages of 16-25, using your own experiences of mental health to support, inspire and encourage young people who may be struggling. You will be expected to raise others confidence, self-belief and aid long term recovery and journey.

- To help co-deliver a "Wellbeing Workshop", aimed to educate and teach young people about mental wellbeing and mental health.
- Play an active role in the workshop delivery by producing ideas and changes that can be made to the workshop.
- Regular attendance to the workshops.
- Encourage an attitude of belief and confidence within each cohort of young people you will be delivering the workshop to.
- Promote recovery from mental health difficulties using your own personal experiences, inspiring others that they too can recover and achieve things beyond the struggles they may be facing.
- Attend relevant meetings where appropriate.
- Complete administration work where needed.
- Occasionally support the Peer Support Project Worker with other projects from other departments.

## About You:

### Essential Requirements:

**Items on this list are vital for you to be suitable for this role:**

- Good written and verbal skills
- Willing to undergo a relevant DBS check if required
- Experience working with younger age groups
- Good presentation skills

### Desirable Requirements:

**Items on this list would be desirable:**

- Creativity and innovative ideas
- Driving licence

### What's in it for you?

- Share your own experiences and journey of mental health difficulties and inspire others with these stories.
- Develop confidence especially in delivering workshops and teaching others.
- Opportunities to create content and work on other projects in other departments, like Children, Young People and Families.
- Gain work experience in the mental health field which could be used to further your career.
- Full training and support from Solent Mind.
- A skills matrix to help identify skills and areas for improvement.
- The opportunity to play a valuable role in helping to inspire and support people with mental health difficulties and break the stigma and isolation.
- Formal recognition of your contribution.
- A reference from Solent Mind.

### Why we want you:

- We believe that by working with people who have their own lived experience of mental health issues, we can inspire participants and show that there is life after a mental health diagnosis.
- Having lived personal experience or training within this role is important in understanding the process.
- It is vital for this project to work, that our volunteers come from experience and/or training within mental health as this is a peer led mentoring service.
- We believe that those with first-hand experience are best placed to understand and empathise with people who are experiencing a mental health issue.
- We want to recognise and celebrate your recovery journey, and use your experiences to help others and to develop our own understanding of the needs of participants.

### Additional Notes:

- Full training and regular support and supervision will be given.
- A main contact to the project to liaise and feed back to.

- Volunteers must be confident to meet in a public place or community setting on a one to one setting.
- Volunteers will be able to express hours and days they can be available to support the project.
- Travel and associated costs will be reimbursed.
- Must be willing to undergo relevant DBS check if required.

**For further information about this volunteer role please contact:**

Louise Maryan (Peer Support Worker): [Imayan@solentmind.org.uk](mailto:Imayan@solentmind.org.uk)

<p><b>Role Created/Updated:</b> November 2021 <b>Created By:</b> Louise Maryan</p>
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## **DBS NOTE TO APPLICANTS**

### **Disclosure & Barring Service And Recruitment Of Volunteers**

Solent Mind has registered with the Disclosure & Barring Service (DBS), previously known as CRB, in order to make safe, well informed recruitment decisions. We are ensuring that all our relevant policies meet legal and best practice requirements.

We have assessed the role of:-

#### **VOLUNTEER – YOUTH AFFINITY PEER SUPPORT**

As requiring an:-

**Enhanced & Barred** level of disclosure.

All convictions, including convictions which would otherwise be “spent” under the Rehabilitation of Offenders Act 1974, must be disclosed for the purposes of this role application.

Solent Mind will determine the relevance of any convictions to the role applied for in line with guidance from the DBS.

Any applicant who is offered the role will be subject to a DBS check from the DBS before the appointment is confirmed. This will include details of cautions, reprimands or final warnings as well as convictions. Applicants will have the opportunity to discuss any disclosure information before a final decision is made as part of the post interview process.