
Service:	Peer Support and Crisis
Section:	Community Peer Support
Location:	Community settings in the Southampton area
When:	To start as soon as possible
Commitment Required:	Negotiable (day/time to be discussed)

Role Purpose:

As a peer supporter, you will be using your own experiences of mental health issues to support, encourage and inspire people experiencing a mental health issue. By providing a role model and offering both understanding and support, you will help to raise others' confidence, self-belief and aid their long term recovery. This may be in a group or social setting.

Main Responsibilities:

- Help plan and run group and activity sessions in line with the needs of participants.
- To support and encourage participants to identify their own strengths and life goals and how to take steps to achieve them.
- Support participants to develop coping strategies and mechanisms that they will be able to apply in their everyday lives.
- To promote recovery through the supporter's own personal experience and life journey, inspiring others to believe that they too can progress and achieve beyond the issues they are facing.
- Providing participants with tools and coping strategies to play a more active role within their communities, through participation in groups and activities.
- Acting as a role model to participants.
- Participate in service evaluation and reflection, and support participants to take part.

About You:

Essential Requirements:

Volunteers must have their own, lived experience of a mental health issue and an understanding of how to manage their mental health in a way that can help others.

Items on this list are vital for you to be suitable for this role
<ul style="list-style-type: none">• To have lived experience of mental health difficulties• Ability to maintain confidentiality reporting any concerns to your supervisor• Able to show empathy and understanding• Be objective without getting overly emotionally involved• Have good active listening skills

Desirable Requirements:

Items on this list would be desirable

- Ability to tell your own story and share your recovery experience
- Have experience of helping others
- Use your own initiative whilst being supervised
- Able to send and receive emails in Outlook, use a computer, use software such as Word
- Willing to learn from others and undergo training

What's in it for you?

- The opportunity to share your own experiences, and help others on their recovery journey.
- Learn new skills and gain work experience which could help you progress your own career and work goals.
- Increase your confidence, understanding and further develop your own recovery.
- Full support and training from Solent Mind.
- The opportunity to play a valuable role in helping to inspire and support people with mental health issues, and to help to break the associated stigma and isolation.

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.
- 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.
- We anticipate that groups and social activities will be held across the Southampton area. Volunteers will be able to choose which community they would like to work with.
- Travel and associated costs will be reimbursed.
- An enhanced DBS check will be required for this role.

For further information about this volunteer role please contact:

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Role Created/Updated: 04 Feb 2022
Created By: Dee Brown



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 – PEER SUPPORTER

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.