



## **Solent Mind - Role Description for Volunteer**

**Role Title:** Volunteer Community Peer Navigators

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**Location:** Community settings in the Southampton districts of; Thornhill, Townhill Park, Harefield, Bitterne and Bitterne Park

**When:** Ongoing

**Commitment required:** Variable to be agreed with volunteers.

**Requirements:** Volunteers must have their own, lived experience of a mental health issue.

### **Role Purpose:**

As volunteer Community Peer Navigators, 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, social or one to one 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.

## **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.
- Formal recognition for your contribution

## **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 districts of Thornhill, Town Hill Park, Harefield, Bitterne and Bitterne Park.
- Volunteers will be able to choose which they would like to work with.
- Travel and associated costs will be reimbursed.

## **For further information about the role please contact:**

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