## Role Description: Carers Peer Support Volunteer

**Responsible to:** Carers Peer Support Coordinator

**Time commitment:**  2 hours a week (or more) and a minimum 6 month commitment

**Location:** This role can be carried out remotely via telephone or an online platform. This role can be carried out in one of our Wellbeing Centres across Hertfordshire if preferred

**Who we are:**

Hertfordshire Mind Network is a mental health organisation that promotes mental wellbeing and provides a diverse range of recovery orientated services to residents across Hertfordshire. We are the largest mental health provider in the county and provide support to over 5000 client’s every year.

**Purpose of role: To support Carers**

**Main tasks:**

* Updating HMN data base
* Trained to carry out telephone Assessment’s
* Flag any concerns regarding the Carers to Coordinator
* 1 to 1 Carers support via telephone and online platforms
* Support Carers events
* Other identified tasks as role develops

**What we are looking for**

* A lived experience of being a Carer ideal, but not essential
* Someone who is compassionate, patient, empathic and able to understand the struggles a Carer can experience
* Good communication and listening skills
* Friendly and approachable manner
* Willing to learn new skills
* Open minded and confident
* Able to work in a personalised way with each Carer

**What we can offer you:**

* Coordinator Support
* Could lead to more involvement within the Carers support service
* Internal on - going training
* Working as part of the Carers support team and the wider volunteer team
* Further development and other opportunities
* Mandatory online training

**Next steps:**

If you are new to volunteering with HMN and interested in this role, please complete our application form <http://www.hertfordshiremind.org/join-us/volunteering/> or contact the Volunteer Team on **0203 727 3600.**

If you are a current volunteer with HMN and interested in this role, please contact carers@hertsmindnetwork.org or contact the Carers Peers Support Co-Ordinator on 02037 273600