

Peer Mentor (Carer Support within Hertswise Project)

Job Title:	Peer Mentor Volunteer
Responsible to:	Peer Mentor Coordinator
Time commitment:	Flexible
Age restriction:	Volunteers must be aged 18 and over
Locations:	Telephone support, or within your local area

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 clients every year.

Purpose of post:

Could you spare the time to help isolated carers near you?

We are seeking Peer Mentors to provide one to one support to carers within the community who are caring for someone with dementia and receiving support as part of The Hertswise Service.

Hertswise is an innovative countywide service designed to support people living with dementia, low level memory loss or mild cognitive impairment as well as their loved ones and carers. The service is delivered by a partnership of community and voluntary groups, including Age UK Hertfordshire, Hertfordshire Independent Living Service, Herts Mind Network, and Carers in Hertfordshire.

Peer Mentors will work with clients to help see them through their journey.

Support is offered via a 30-minute telephone call/or face to face if agreed, for a time period.

Main tasks:

- Supporting carers to talk about their experiences in a safe and supported environment during their telephone sessions.
- Providing Peer Mentoring to carers and delivering a community service which encourages, motivates and builds individuals self-esteem and confidence and supports them with building emotional resilience.

- Awareness of carers for people living with dementia, to show empathy, share experience and inspire hope.
- Giving them the confidence and knowledge of where and how to get help.
- Develop coping, self-help and self-management capability within the peer relationship for them to regain and maintain control of their lives. Supporting them to identify and implement healthy habits / routines.
- Support people to access community groups that enable them to participate in local community activities and maintain their independence.
- Signpost to additional services with guidance from Peer Support Coordinator
- Recognise risk, work safely and report any safeguarding concerns immediately to a member of staff.
- Completing a session report after each telephone conversation and submitting to Carers Peer Support Coordinator.

What we are looking for:

- A lived experience of caring, preferably for someone with dementia or cognitive impairment. This can be useful but is not essential.
- All ranges of experience are welcome.
- Committed to achieving and developing HMN's mission.
- Good listening skills, caring and non-judgemental attitude and empathic.
- Ability to motivate, encourage and empower.
- Ability to work in a person centred and solution focused approach.
- Confident and effective communicator.
- Ability to deal with stressful and difficult situations in a calm manner.
- A good sense of humour.

Why become a Peer Mentor:

Peer Mentoring can be a very challenging but rewarding experience where you can use your own experience of mental health to help others:

- Make a difference and be part of a rewarding team.
- Be an integral part of supporting carer with the challenges they face by inspiring hope and empowering them towards positive change.
- A great opportunity for anyone wanting to give back and support their local community whilst developing their understanding of carers and service provision.
- Invaluable experience for anyone with a desire to work within mental health services, HMN or with carers.

What you can expect from us and what we can offer you:

- All volunteers are required to have completed a 2-day volunteer training plus a 2-day Peer Mentor training and Dementia Awareness Training.

- The volunteer training involves mental health awareness, confidentiality, boundaries, and risk management. The Peer Mentor training involves a more comprehensive understanding of the experience of Peer Mentoring, what to expect and how to use different tools.
- We aim to match you with an individual based on their needs alongside meeting your own experience and preferences with opportunities to offer support amongst a wide range of different mentoring levels.
- Regular group supervision (every 4 weeks), volunteer meetings and contact with the Volunteer and Peer Mentor Coordinators.
- Opportunities to volunteer on weekends/evenings to accommodate busy schedules.
- Travel expenses will be reimbursed.
- Access to listings of paid-work opportunities within HMN when they arise.

Next steps:

If you are interested, please complete our application form on our website:

<http://www.hertfordshiremind.org/join-us/volunteering/>

Or contact the Volunteer Coordinator on:

0203 727 3600