

Role Description: Peer Mentor (Wellbeing)

Job Title:	Peer Mentor Volunteer
Responsible to:	Volunteer Coordinator/Peer Mentor Coordinator
Time commitment:	A minimum of two hours per week
Age restriction:	Volunteers must be aged 18 and over
Locations:	Bishops Stortford, Borehamwood, Dacorum, Letchworth, South Oxhey, Waltham Cross, Ware, Watford.

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:

We are seeking Peer Mentors to provide one to one support to clients within the community assisting them in their recovery from mental health difficulties. Peer Mentors will work with clients to achieve goals established jointly by the client and the Peer Mentor. Support is offered on a weekly or fortnightly basis for a minimum of 3 months.

Main tasks:

- Supporting service users to establish achievable goals to work towards during the 3-6 month partnership.
- Providing Peer Mentoring and delivering a community service which encourages, motivates and builds individuals self-esteem and confidence. This will include goal setting and support with social and practical skills development.
- Engaging with service users to show empathy, share experience and inspire hope, towards promoting recovery.
- Develop coping, self-help and self-management capability within the peer relationship in order for them to regain and maintain control of their lives.
- Support people to access community groups that enable service users and/or carers to participate in local community activities and maintain their independence.
- Recognise risk, work safely and report any safeguarding concerns immediately to a member of staff.

What we are looking for:

- A lived experience of mental health, understanding of, or experience of caring for someone with mental health. 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 an individual's recovery from mental health 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 mental health issues and its service provision.
- Invaluable experience for anyone with a desire to work within mental health services or HMN.

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

- All volunteers are requested to have completed a 2-day volunteer training plus a 2-day Peer Mentor 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 tools such as the Recovery Star and solution- focused techniques.
- 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**