

 **Peer Mentor Role Description**

**ROLE** Peer Mentor Volunteer

**PURPOSE** Peer Mentors support Bath & North East Somerset service users throughout their journey from assessment and engagement, through treatment and into recovery.

**LOCATION** Community based or Hillview Lodge, RUH.

**DAYS AND TIMES** Flexible, but as a guide, a minimum of 4 hours per week with a commitment to a minimum of 6 months. Initially in the first 6 weeks there are additional hours for training, including; 2 days induction training and 2 further training days. There will also be monthly 1:1 supervision and a monthly coaching group for peer mentors.

**RESPONSIBLE TO** Mentoring Coordinator

**MAIN ACTIVITIES/ TASKS:**

***The role of Peer Mentor involves:***

* Accompanying service users to appointments and activities in the local community; helping them to build local support networks and use their time meaningfully.
* Providing practical assistance and emotional support to their mentees.
* Motivating and supporting mentees to make positive choices about their lives - increasing confidence and self-esteem.
* Raising awareness of the peer mentoring training programme.
* Adhering to Trust policies and procedures.

***Mentors based on Sycamore Ward will:***

* Co-run groups/activities as part of a weekly activity timetable with a view to moving onto 1;1 mentoring
* Support residents to move towards independent living.

**REQUIRED QUALITIES/ SKILLS/ EXPERIENCES:**

* Personal experience or understanding of mental health issues, preferably but not essentially ,as a B&NES service user, but potentially also through family experience
* Ability to listen and communicate well with a range of people
* Ability to empathise with people in distress and an enthusiasm to work with this client group
* Ability to inspire confidence and trust, and to demonstrate patience and respect.
* A creative and positive approach to motivating and supporting others
* Willingness to attend relevant training, to develop you in your volunteer role
* Ability to be reliable, responsible and consistent
* Willingness to undergo a DBS check
* A non-judgemental and empowering approach to working with the people you will support
* Ability to keep to boundaries and adhere to the AWP confidentiality policy
* Ability to know when to ask for support or assistance, when needed
* An understanding of equal opportunities and diversity and a willingness to apply these in your role