

West Sussex Mind Peer Volunteer

Community Outreach and Development Project – Adur

**ROLE PROFILE**

**MAIN PURPOSE:** to work with the Adur Peer Community Outreach and Development worker to identify and support individuals to access services that can help improve their wellbeing and wider social needs in the local community of Adur (Peverell, Mash Barn, St. Marys, Churchill, and Eastbrook).

The work will aim to reach people who:

-do not know what help is available and/or

-may not recognise they could benefit from support around mental health

- do not see existing mental health services as being services which are there for them

-cannot get to where mental health support is currently being offered

**VOLUNTEER REQUIREMENTS:** the work is varied and specific tasks for each piece of work will be defined. The skills and interests of the Peer Volunteer will be considered when offering and allocating tasks.

**RESPONSIBILITIES:** West Sussex Mind Peer Volunteers are expected to follow West Sussex Mind procedures and guidelines, including lone working procedures. Peer Volunteers are expected to engage in supervision and let staff know if they are unable to fulfil a commitment which they have agreed to.

**TASKS:** Tasks may include supporting people by:

* Having open conversations and discussions about mental health and wellbeing.
* Co-producing community-based solutions by identifying and linking with other community services and local people.
* To actively listen, learn and find out about the mental health and social needs of the individual and support them to arrange appointments and meetings with partner organisations.
* Working as a team to create community events to raise awareness in the community.
* Co-creating videos, leaflets, and posters.

**LOCATION:** Work will involve travelling to locations across Adur, including Sompting, Lancing, Shoreham and Southwick/Fishersgate. Some work will be over the phone and using online video calling technology.

**TIME COMMITMENT:** The work is varied so this will depend on each piece of work and the availability of the Peer Volunteer.

**SUPPORT AND SUPERVISION:** Peer Volunteers will have access to learning and development and have a supervisor to oversee and discuss their work.

**Criteria and requirements to become a West Sussex Mind Peer Volunteer:**

* **Own lived experience of mental illness.**
* Participation in agreed and appropriate training.
* Good communication skills, understanding of boundaries, able to work within the scope of confidentiality. Reliable, motivated, friendly, and approachable.
* Some confidence in using phone and IT.
* A DBS certificate may be required depending on the nature of responsibility a Peer is requested to undertake.

Please be aware: the above personal qualities are required, alongside having the personal resources to support and enable other vulnerable clients. The overall decision to become a Peer Supporter will be at the discretion of West Sussex Mind staff.

**Benefits of being a West Sussex Mind Peer Volunteer:**

* Giving support can boost individual’s sense of self-worth and self-belief, self-confidence, self-esteem etc.
* Opportunity to develop skills and confidence around supporting others which could lead to wider volunteering or work in care sector
* May be able to access wider training through this route, including West Sussex Mind accredited training.
* Opportunities to explore other avenues of development, including external organisations and potential work opportunities.