

Volunteer Role Description – Peer Mentoring

Role Title	Peer Mentoring Volunteer
Location of Position	Main office, 152 Bridge Road, Grays, Essex, RM17 6DB.
Responsible to	Peer Mentor and Volunteer Manager
Purpose/Summary of Role	As a volunteer with lived mental health experience, you will provide one-to-one support to a peer who is currently on their own journey of recovery.
Description of Tasks	• To work with the peer in setting SMART goals • To identify, discuss, record and plan achieving aspirations • To support the peer in achieving their goals and aspirations, assisting with overcoming any obstacles or challenges met • Liaising with organisations who can offer support, such as education, employment, local libraries, sports and activities centres etc • Assisting to make connections within the local community
Time Commitment	There are no minimum or maximum number of hours that we ask you to volunteer with us. However, we do ask that you are able to commit to a regular time slot.
Qualities and Skills	• ‘An Expert by Experience’ • Good people skills • Emphatic, compassionate and understanding • Non-judgemental • Good communication skills • Able to work as part of a team, as well as on your own initiative • Confident to ask for help when needed
Training & Support	We offer an ‘Introduction to Mind’, including topics such as Communication, Confidentiality and Boundaries and Health and Safety. There will be opportunities to access Mental Health workshops and training too. There will be opportunities to access Mental Health workshops and training too.

	We ask that you complete the following e-Learning modules as part of your introduction to the role; • Roles and Responsibilities of a Volunteer • Communications for Volunteers • Data Security Awareness for Volunteers • Conflict Resolution for Volunteers • Equality, Diversity and Human Rights for Volunteers • Safeguarding Adults for Volunteers • Mental Health Awareness for Volunteers • Health, Safety and Infection Prevention and Control for Volunteers • Fire Safety for Volunteers Regular organisational updates and activities will be available, as well as regular support, advice and guidance from our Volunteer Manager.
Reimbursement of Expenses	We can cover some expenses which may occur while you are volunteering with us. Please ask us for further details.
Benefits to Volunteer	Volunteering at Mind can be a really rewarding and valuable experience, with a variety of roles available. You will have the opportunity to meet other like-minded people while gaining new skills, expanding your general knowledge, developing your confidence and ability to socialise, gaining a sense of pride and building your self-esteem, becoming more confident, widening your network and feeling valued – by our staff and by those accessing our services.
Volunteer Manager Contact Information	Volunteer Manager 152 Bridge Road Grays RM17 6DB 01375391411 volunteers@tbmind.org.uk



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