

Volunteer Role Description - Health Inequalities Peer Worker

Role Title	Health Inequalities Peer Worker
Location of Position	Thurrock and Brentwood
Responsible to	Youthful Wellbeing Manager
Purpose/Summary of Role	Some groups of people have far poorer mental health than others, often reflecting social disadvantage. In many cases, those same groups of people have less access to effective and relevant support for their mental health. And when they do get support, their experiences and outcomes are often poorer, in some circumstances causing harm. This 'triple barrier' of mental health inequality affects large numbers of people from different communities of the population.
Description of Tasks	This person will Work alongside Mental health Inequalities project team Their main responsibility is to liaise with marginalised community groups in Thurrock and Brentwood:- • To listen to their issues and concerns and report back • Be a direct link to services and support available • Promote positive management of personal wellbeing • Co-facilitate workshops with staff and peer trainers • Attend community events – carrying out pop up research • Conduct research conversations • Work as a team to analyse research findings and report on these to help bridge the gap in provision

Time Commitment	8 hrs a month. You decide how you fulfil these hours. With a monthly meeting with MHI team to report back your findings.
Skills & Qualifications	Lived experience of mental health or mental health services.
Training & Support	Relevant NHS E-learning. Monthly supervision with team manager. Support from Volunteer co-ordinator. Mental First Aid Training
Reimbursement of Expenses	Travel expenses will be reimbursed and voucher rewards for time given.
Benefits to Volunteer	Gain skills in co-production and engagement. Gain knowledge of mental health services. Training opportunities. Gain a chance in becoming a Mental Health First Aider
Volunteer Manager Contact Information	Volunteer Manager 152 Bridge Road Grays RM17 6DB 01375391411 volunteers@tbmind.org.uk



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Registered office: 152 Bridge Road, Grays, Essex, RM17 6DB