



## **Peer Volunteer Role Profile**

**Service name:** BeOk service for young people 16 –25yrs and Children and Young People's Social Prescribing service 8-17 yrs

### **What is a Peer Volunteer?**

This role involves supporting staff to deliver our well-being programmes for young people through our BE OK and Children and Young People's Social Prescribing (CYPSP), services.

By co-facilitating online and group activity sessions to support people who use our service to improve their mental health and well-being.

As well as potentially supporting young people one-to-one to attend appointments or groups, both within and outside of West Sussex Mind.

**Because the role involves working closely with vulnerable children and people, we need to take up two references and a Disclosure and Barring Service check.**

### **What's involved?**

Volunteering at least 2 hours a week (can be more according to preference) alongside the BE OK and CYP SP Team to help with one or more of the following:

- To gain confidence and possibly become a peer group leader for peer support groups, including both face to face and online groups – particularly a fortnightly neurodiverse zoom group on a Thursday evening.
- Opportunities to support young people to access support, such as attending appointments or activities within West Sussex Mind and/or external agencies or social events (this may include occasional evenings and weekend events). These could include our group online sessions and workshops, as well as face to face.
- An option to assist in managing social media and monthly newsletters for our service users.
- To have the opportunity to develop the skills to support others in a 1:1 setting and to be part of their journey to recovery, by reviewing their support plans.

### **What Skills and Personal Qualities Are Required?**



- That you are practical, caring, considerate of others and patient.
- That you are a confident communicator with good listening skills.
- Organised and able to take accurate notes.
- Have an enthusiasm for working with young people, enabling them to achieve personal goals and are committed to being part of the service on a regular basis.
- To respect the confidential nature of the service and maintain an appropriate professional attitude and boundaries
- That you have an understanding or lived experience of mental health needs.

### **How we help our volunteers and benefits**

- We will support you to develop the skills to gain confidence in leading peer support groups and 1:1 session.
- Helping you to use your own experiences to help and support others in their recovery.
- The opportunity to meet new people and learn new skills.
- Training and information before starting your volunteer role, with the opportunity for further training as appropriate.
- Opportunities to use your interests and skills to support others.
- A great first step towards working with children and young people in health and social care settings such as Social Work, Youth Work or Nursing.
- To provide on-going support through supervision with a named worker as well as social and learning networking days.
- Reimbursement of agreed expenses in line with West Sussex Mind's policy.

Agreed by: Volunteer name.....

Date:.....