

Volunteer Role Description

Your volunteer role description provides you with an outline of your role and the tasks you will complete when volunteering.

Whatever your role, or however much time you donate, you will be helping to improve the lives of people severely affected by mental illness. We appreciate and value your commitment to volunteering with Rethink Mental Illness.

My role title:

Peer Support Volunteer

Role details

Where my role is based

Ashford, Kent

Who I am supported by

Peer Support Worker & Service Manager

The DBS check for my role

Enhanced with Adults

Service details

The service I support

East Kent Peer Support Service

The location of the service

East Kent

The days and times volunteering is available

Monday 1.00pm - 3.30pm

The service code

6711

The purpose of my role

The East Kent Peer Support Service run group sessions for service users in Dover, Folkestone and Ashford. The role of the Peer Support Volunteer is to provide additional support at our Peer Support group sessions in the Ashford location. This could be, for example, by empathising with potential clients about the difficulties that having a mental health problem can create, helping to set up the room, explaining the services that are on offer and how these can be accessed, putting people who are anxious at ease by welcoming them.

The service I support

The East Kent Peer Support Service team is dedicated to delivering a high-quality service that focuses on supporting individuals to achieve goals. The aim is to improve the lives and support independence for those living with a mental illness. The team will engage with other local providers to ensure a clear and seamless pathway for those that require support from multiple providers.

The team includes:

- A Service Manager who is responsible for the oversight of the service and wellbeing of staff;
- 2 Peer Support Workers who work with individuals to achieve goals in the most efficient and supportive way;

I will complete the following tasks

Peer Volunteering is an opportunity for people who have themselves used mental health services, to volunteer and support other people currently using mental health services. As a Peer Volunteer you will have lived experience of mental health and support service users on a wide range of non-complex issues that can be easily and quickly resolved. You will bring added skills and experience to our service and add real value to our team.

You will support the following people and teams:

- Potential clients
- Rethink Peer Support Workers
- Volunteers
- Members of the public
- Visitors and other organisations

The role will include the following:

- Support the Peer Support Workers to run the group sessions e.g. by helping to set up the room and by welcoming people
- Create a safe space where people can share as much or as little as they wish to about their experiences
- Foster the principles of co-production
- Work with other volunteers who support the service
- Signpost people to services in the local area that meets their needs
- Describe and explain services that are on offer from Rethink Mental Illness

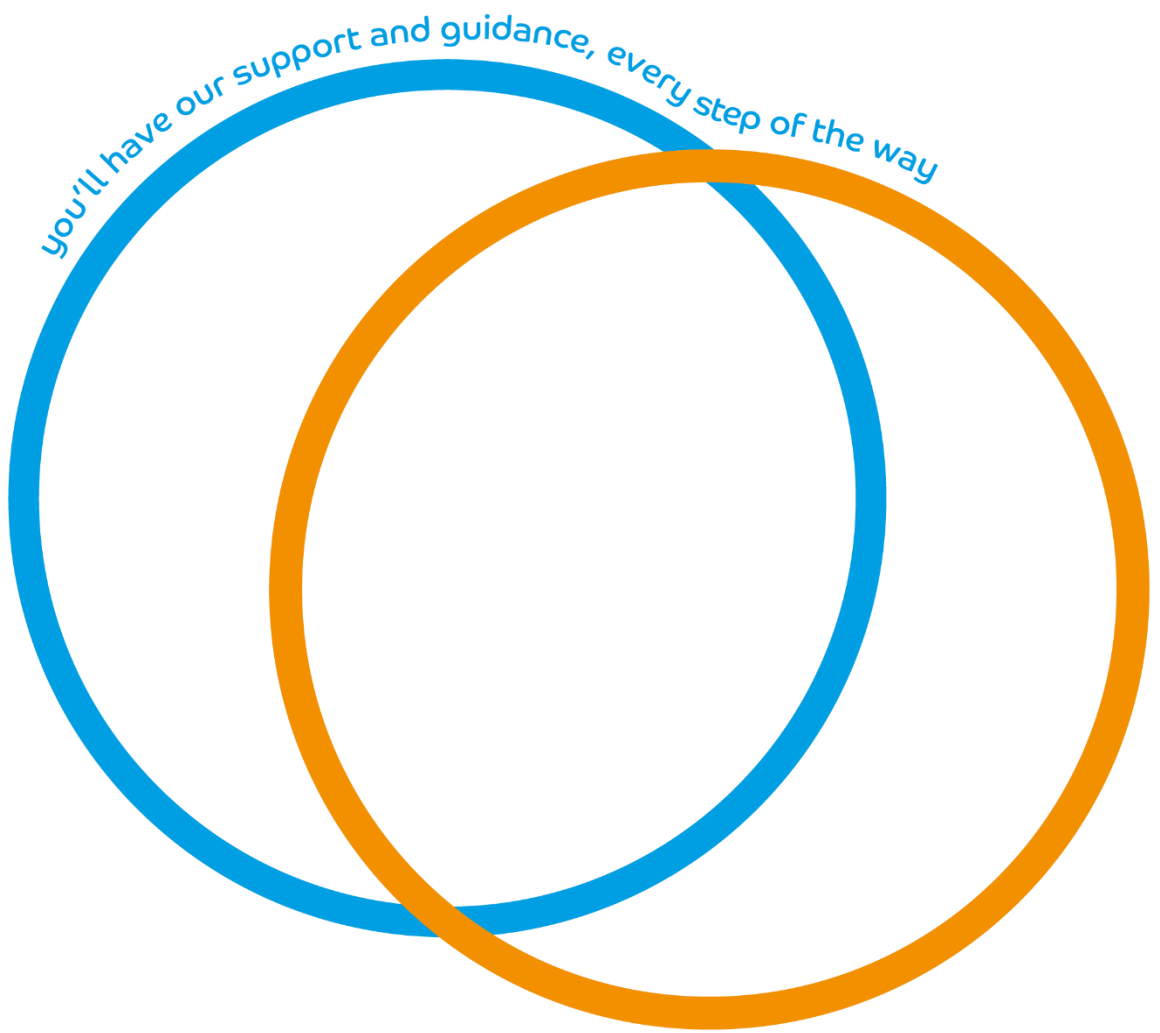
I have the necessary skills, experience, and attitude

I have the essentials covered:

- Lived experience of mental illness
- Ability to empathise with others
- Good communication skills
- Reliable and punctual

Although it's not essential, I may also have:

- Knowledge of the local area where the service is located
- Experience of working with people with mental illness



What I value and how I will behave

I can demonstrate and apply Rethink Mental Illness values:

Commitment - We work tirelessly to provide support for everyone severely affected by mental illness.

Equity - We believe that in a world where discrimination and disadvantage exist treating people with equity is critical to ensure justice and fairness for all.

Expertise - We constantly use our expertise to provide practical and personal support for people who are severely affected by mental illness.

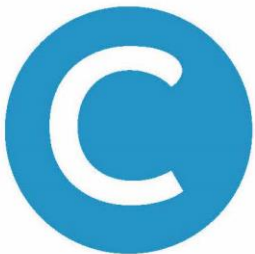
Hope - We offer hope of a better quality of life for all those severely affected by mental illness.

Openness - We are open and transparent in all our work with beneficiaries, supporters, partners and the public to achieve change for people severely affected by mental illness.

Passion - We are passionate about leading the way to a better quality of life for everyone severely affected by mental illness.

Understanding - People who are severely affected by mental illness are at the heart of everything we do in our organisation – our membership, our governance and our workforce.

I can demonstrate and apply RethinkCARES behaviours of:



Connect



We work together, we celebrate together

Accountable



We do what we say we will do

Respect



We believe everyone counts

Evolve



We challenge, we listen, we change

Success



We deliver results

What training and support will I receive?

As part of my induction, I will complete the following e-learning modules:

- Safeguarding adults
- Data security

Depending on my role, I may also be asked to complete other training courses such as:

- Safeguarding children
- Equality and diversity
- Health and safety
- Mental health awareness

I will also have access to:

- Regular reflection sessions with my Volunteer Manager

What will I get out of it?

There are lots of benefits to volunteering. Here are just a few:



Develop my existing skills
or learn new ones



Enhance my CV and
boost my employability



Reimbursement for out-
of-pocket expenses



Impact positively on my
own mental health, as well
as others



Meet new people and
increase my self-
confidence



Find a passion and
maybe a step towards a
new career



Access to internal
vacancies



Access to Rethinks
Volunteer Assistance
Programme



Gain a reference from
Rethink Mental Illness