

Peer Support Worker

AuDHD UK

Location: Remote (UK-based)

Reports to: Peer Support Coordinator/COO

Commitment: Flexible, part-time (details negotiable)

Role: Unpaid volunteer position

Purpose: To provide empathetic, person-centred peer support to AuDHD UK beneficiaries through group sessions and 1:1 interactions, ensuring a safe, inclusive, and supportive environment in line with the charity's mission and safeguarding standards.

This role is subject to an Enhanced Adult DBS check – you must meet our eligibility requirements to be considered (must be a current UK resident and have been for the last 5 years). You must also have your own personal computer/laptop to work from.

Key Responsibilities

Facilitating Peer Support Group Session/ Community Moderation

- Plan and facilitate group peer support sessions, ensuring all participants feel welcome and included.
- Foster a safe, respectful, and confidential space for sharing experiences and mutual support.
- Adapt session content and approach to meet the needs of participants.
- Contribute to moderating messages from our 24/7 Peer Support Community Platform (hosted on Discord). This is a daily task completed between PSWs.

Safeguarding

- Remain vigilant for safeguarding concerns during all interactions.
- Raise safeguarding concerns to the Safeguarding Team via completion of an Incident Log. Report any concerns promptly, following AuDHD UK's

safeguarding procedures.

- Maintain up-to-date knowledge of safeguarding policies and best practices.

Additional Duties

- Attend regular check-ins and training sessions with the Peer Support Coordinator.
- Contribute to feedback and improvement processes for the peer support programme.
- Support the wellbeing and development of fellow volunteers by fostering a positive team culture.

Essential Skills & Attributes

- Lived experience of AuDHD or similar neurodivergence (desirable but not essential).
- Empathy, active listening, and strong interpersonal skills.
- Commitment to confidentiality, safeguarding, and non-judgemental support.
- Ability to manage sensitive situations and recognise when to escalate concerns.
- Reliability, punctuality, and good communication skills.
- Commitment to AuDHD UK's mission and values.

Time Commitment Estimate

- Running sessions: 1.5 hrs/session per week (including facilitating and possible safeguarding concern admin)
- Applicants should be available for at least one of the following Peer Support Groups: Mon 7-8pm, Tues 11am-12pm, Thurs 2-3pm and Saturday 9-10am. If you are not available for the groups but still wish to apply to be a moderator, you are welcome to.

Mission Alignment Requirements

All applicants must demonstrate:

- Understanding of AuDHD UK's core purpose.

- Commitment to volunteer-led service delivery.
- Adherence to safeguarding and ethical guidelines.