



Lived Experience Accessing Peers

## **ROLE DESCRIPTION**

### **Volunteer Peer Leader Co-ordinator**

We are a community mental health charity in East London, we strive to ensure anyone with a mental health or emotional issue has somewhere to turn for advice and support.

The LEAP project encourages and supports members of the community to co-produce and set-up their own groups.

### **Aim of role**

Support Peer Leaders with their personal development (please see our [Peer Leader Training webpage](#) for more details), enabling them to facilitate their own social community group and activities.

### **Role Requirements**

We are looking for a volunteer who is confident, enthusiastic and non-judgmental, capable of interacting with people with varying levels of vulnerability and need.

It is essential you are capable of using Microsoft Word, are understanding, open minded with excellent communication and literacy skills.

### **Key Tasks**

- Support Peer Leaders to plan and facilitate their community engagement group in one of more local boroughs to you, either Tower Hamlets, Newham or Redbridge.
- Support the ethos of co-production (hope and recovery) by encouraging Peer Leaders to identify personal strengths and use these when facilitating their respective groups.

### **Essential to the role is that you:**

- Complete training as necessary to support you in your role
- Keep accurate records, attend meetings and supervision support
- Act in accordance with MITHN policies and procedures

## **Training and Support**

We have a structured induction, are inclusive and facilitative in the way we work, underpinned with one to one and group training in all tasks specific to this role.

You will receive regular support in the form of supervision meetings with a focus on your continued personal development.

We use digital deliverables, including interactive training materials for key areas of the role, such as communications skills, assertiveness and how to diffuse challenging behavior.

We will cover out of pockets expenses: i.e. for travel in connection with role (on presentation of receipts).

## **Benefits of Volunteering with Mind in Tower Hamlets and Newham**

You will gain invaluable experience with the opportunity of reference, available after six months or more volunteering.

Access to our Me-Learning university portfolio of 50 courses

Huge satisfaction from being part of a team that makes a positive impact by changing lives.

The addition to your resume of new and enhanced skills developed from effective training and development opportunities.

Regular support and supervision from the LEAP staff team.

Free Disclosure Barring Service check after successful completion of our four-week probation period, and a requirement when providing independent support to peer leaders. A situation that will occur when the peer leader and volunteer (you) feel confident to move on from co-facilitating with LEAP staff.

## **Availability**

The Peer Leader groups are typically 2 – 3 hours in duration, often delivered late morning or early afternoon, so the expectation would be for you to match the group session start and end, arriving slightly earlier / later.

We would also ask you to make time away from the group for our online distance learning where there is a requirement to complete five units of study: Equality and Diversity, Health and Safety induction, Safeguarding Children Level 1, Safeguarding Adults Level 1 and GDPR – Core (Staff) Training.

Due to the amount of training and development invested in this role we are requesting a minimum commitment of six months.