

**Peer Trainer Volunteer Role Description**

# Role Title: Peer Trainer Volunteer Role

**Responsible to:** Recovery College Co-ordinator

**Location:** Various in North Ayrshire

**Hours:** A minimum of 8 – 12 hours per month

**Expenses:** Will be reimbursed as and when required

**Main Purpose of Role:**

As a peer trainer volunteer with the North Ayrshire Wellbeing & Recovery College (NAWARC) you will have a lived experience of mental health challenges. As a peer trainer volunteer you will co-develop and co-deliver education and training sessions which support wellness and recovery in small teams and alongside trainers from other organisations. You will also play an important part in developing the ethos and practice of the College, supporting student engagement and promoting North Ayrshire Wellbeing & Recovery College.

**Peer Trainer Volunteer definition:**

A peer trainer volunteer will be willing to share their lived experience of mental health, to support others on their recovery journey, and to offer a different degree of empathy that can only come from someone who “has a lived experience”**.**

**The Aim of the Peer Trainer Volunteer role:**

To provide the expert by experience dimension in courses, to encourage and give people a safe place to explore their mental health recovery journey. To increase people’s ability to use the medium of peer support to promote self-management and to provide development opportunities for students who are stable in their recovery and aspire to support others.

**Roles and Responsibilities:**

Following induction and training Peer Trainer Volunteers will:

* Encourage students, along with the NAWARC team and other trainers, to be active in their own recovery and wellness, developing positive self-management skills.
* Be co-operative, open and collaborative with other trainers, Wellness & Recovery College staff and volunteers in developing and delivering courses. This includes; course development meetings, preparation of course content and materials as well as delivering courses.
* Help create, along with the NAWARC Team and other trainers, an empowering and supportive learning environment.
* Attend Wellness and Recovery College Team meetings, Practice Development Forum and 1:1supervision sessions to support reflective practice. ¨You will support the development of the College and the courses it provides to the North Ayrshire.
* Keeping in touch with the Wellness & Recovery College Team. This includes responding to emails, attending meetings, training and keeping in contact with staff about training development and delivery in a timely manner.
* Working alongside the course tutor with clearly defined role as agreed with course tutor.
* Support the tutor/co-facilitator of the group to pre-plan aims and goals of each session, identifying where you will make contributions.
* To support and encourage the students to participate in college courses and activities
* Welcoming new students to the course and college.
* Sharing, where appropriate, your positive experience of managing mental health issues, being enthusiastic, motivating and interacting positively with the course participants.
* Developing your knowledge and understanding of wellbeing and mental health.
* Working within the agreed boundaries that will be contracted with students.
* Maintaining confidentiality, not discussing students or information you become aware of because of your role out with the recovery college team.
* Through co-production be involved in development of new courses to meet students’ needs.
* To ensure members sign in for health and safety reasons and to pass on attendance details of each session to recovery college staff.
* Contribute positively to the North Ayrshire Wellbeing & Recovery College and promote the work of the college.

**Skills required:**

The main skills we require from our Peer Trainer Volunteer are clearly demonstrated enthusiasm, an awareness of challenges that people who experience poor mental health may face when trying new experiences and a commitment to maintain your own recovery.

* Friendly, welcoming and empowering with good communication skills, including listening!
* Observant and sensitive to the needs of the students.
* An ability and willingness to share your positive skills in managing your mental wellbeing.
* Reliable, punctual, honest and well organised
* Able to work independently but with guidance and support
* Confident at speaking in front of a group
* Confident to delegate tasks to include group participation.
* Able to support and plan with the facilitator group activities in advance.

**Level of Commitment:**

* At least minimum of 8-12 hours per month initially with the opportunity for further hours to be mutually agreed. The time will depend on your capacity and the courses you choose to get involved in. Development of courses may initially require more time and there will be times when the role will require less time.
* Attendance at peer trainer volunteer meetings.
* Occasional meetings and training.
* The peer trainer volunteer role will be reviewed after a period of 6 months, from appointment and is for a period of 12-18 months. We are happy to be flexible around your personal circumstances and how you feel the role is working for you.

**Peer Trainer Volunteer Support:**

The peer trainer volunteer can expect to be supported by a network of support including:

* The Recovery College Co-ordinator/Assistant Co-ordinator and Administrator
* The Tutor facilitating the course
* Peer trainer volunteer support group
* Reimbursement of volunteer expenses and travel expenses

**Pre-Appointment Training Required:**

* SRN Peer2Peer 8-week training course
* Listening & Empathy
* Experience of a range of Recovery College courses
* Personal Leadership Course and Blue Facilitation Course is helpful but not essential.

**In-post training**

* Local induction including “on the job” training will be provided with one to one

supervision to identify ongoing personal development and training needs.

* Recovery College Induction

**References**

Two references will be asked for. We will only contact these referees if you are successful at the interview stage. Successful applicants will have a satisfactory PVG disclosure.

**Benefits Offered:**

This volunteer role will provide the opportunity for personal development and for the individual to use their lived experiences and self-management tools to improve and develop their own skills and support others in their recovery journey. It can also provide work related experience and a reference for future employment.

## Peer Trainer Volunteer – North Ayrshire

Role Specification

|  |  |  |
| --- | --- | --- |
|  | **Essential** | **Desirable** |
| **EXPERIENCE** |  |  |
| Understand the power of sharing experiences. | **🗸** |  |
| Working/Voluntary experience |  | **🗸** |
| Understanding of Experts by Experience |  | **🗸** |
| Awareness of self-management resources | **🗸** |  |
| Maintaining personal recovery journey | **🗸** |  |
| **SKILLS** |  |  |
| Ability to share personal experiences of mental health and recovery in a way that supports, empowers and brings hope | **🗸** |  |
| Active Listening skills | **🗸** |  |
| Good written and verbal communication | **🗸** |  |
| Maintain appropriate boundaries | **🗸** |  |
| Ability to form trusting relationships | **🗸** |  |
| Computer/ IT skills |  | **🗸** |
| **TRAINING** |  |  |
| SRN Peer2Peer | **🗸** |  |
| Co-production & Facilitation of Learning |  | **🗸** |
| Listening & Empathy | **🗸** |  |
| WRAP |  | **🗸** |
| Blue Facilitation Skills |  | **🗸** |
| Personal Leadership Programme |  | **🗸** |
| **VALUES AND ATTITUDES** |  |  |
| Believe in possibility of recovery for all | **🗸** |  |
| Commitment to peer principles and values | **🗸** |  |
| Belief that individuals have internal resources to lead their own recovery | **🗸** |  |

**Peer Trainer Volunteer………………………………………….. Date………...**

**Recovery College Co-ordinator…………….…………………. Date………….**

**Post Review Date…………………….**