

Mind BLMK

## Volunteer Opportunity

<b>Opportunity title:</b>	Volunteer Peer Mentor
<b>Closedown date for applications:</b>	Ongoing
<b>Duration of volunteer placement:</b>	Ideally, minimum of 6 months
<b>Staff support:</b>	Chris Hoque, Mentor Facilitator (Mind BLMK)
<b>Based at:</b>	<p>Mind BLMK is based at The Rufus Centre, Steppingley Road, Flitwick MK45 1AH.</p> <p><b>Mentors are currently required in the following areas: Luton, Leighton Buzzard, Dunstable, Biggleswade, Mid-Beds.</b></p> <p><b>Only applicants who live in these areas or in close proximity will be considered.</b></p>
<b>Working days and hours:</b>	Flexible, 1 – 2 hours a week, weekdays Monday – Friday
<b>Summary of duties and objective:</b>	<p>To provide one to one support to clients experiencing mild to moderate mental health conditions who are focused on improving their wellbeing through effective goal setting.</p> <p>Attend regular one-to-one meetings with the mentee at an agreed location and time each week for a period of up to 12 weeks;</p> <p>Work with mentee to set goals at each session that move them towards their end goal.</p> <p>To support the client to engage with and access (where appropriate) local services provided by other organisations, e.g. volunteering centre.</p> <p>To support the client, in a non-judgemental way, to challenge preconceptions and thinking which may otherwise stand in the way of progress;</p> <p>To encourage the client to become more independent.</p> <p>To ensure confidentiality within the service;</p> <p>To give reasonable notice of non-availability;</p> <p>To seek back-up and support from the Mentor Facilitator as required;</p> <p>To support the client to use the Wellbeing Star to monitor wellbeing;</p>

	<p>To complete relevant paperwork and keep necessary records;</p> <p>To attend training sessions and Mentor Peer Support meetings as required;</p>
<b>Expenses covered:</b>	Reasonable expenses covered
<b>Skills and experience needed:</b>	<p>To be considered as a Peer Mentor, candidates need to have had their own experience overcoming difficulties with their mental health, be stable and sufficiently well managed in-order to support others consistently and reliably. We will also consider applicants who have considerable experience of supporting others with mental health challenges either in a personal or professional capacity.</p> <p>Mentors are required to have sufficient IT skills to be able to use the internet, email and complete simple sessional feedback online.</p> <p>All mentors will be required to attend the Mind BLMK induction, Mentor Training, and whilst no previous qualifications are necessary, the following skills would be an advantage:</p> <ul style="list-style-type: none"> <li>• To be non judgemental</li> <li>• To be able to work in a non-discriminatory way</li> <li>• To challenge stigma and discrimination where appropriate</li> <li>• To be able to motivate others</li> <li>• To have good communication skills, verbal and written</li> <li>• To work on own initiative</li> <li>• To be risk aware</li> </ul>
<b>Other requirements/expectations:</b>	<ul style="list-style-type: none"> <li>• Age 18 or over</li> <li>• Complete application form in full</li> <li>• Attend a short informal interview for selection</li> <li>• Satisfactory DBS clearance</li> <li>• Two satisfactory references</li> <li>• Successfully complete Mind BLMK Induction Training</li> <li>• Successfully complete SOVA, Equality and Cultural Competence and Moving and Handling Principles training</li> </ul>