**Volunteer opportunity**

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| **Opportunity title:** | Volunteer Peer Mentor |
| **Closedown date for applications:** | Ongoing |
| **Duration of volunteer placement:** | Ideally, minimum of 6 months |
| **Staff support:** | Lisa Steggles, Mentor Facilitator (Mind BLMK) |
| **Based at:** | Mind BLMK is based at The Rufus Centre, SteppingleyRoad, Flitwick MK45 1AH.Mentors are currently required in the following areas: Leighton Buzzard, Dunstable, Bedford, Biggleswade, Mid-BedsOnly applicants who live in these areas or in close proximity will be considered. |
| **Working days and hours:** | Flexible, 1 – 2 hours a week, weekdays Monday – Friday |
| **Summary of duties and objective:** | * 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.* 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;
* Work with mentee to set goals at each session that move them towards their end goal.
* To support the client to engage with and access (where appropriate) local services provided by other organisations, e.g. volunteering centre.
* To support the client, in a non-judgmental way, to challenge preconceptions and thinking which may otherwise stand in the way of progress;
* To encourage the client to become more independent;
* To ensure confidentiality within the service;
* To give reasonable notice of non-availability;
* To seek back-up and support from the Mentor Facilitator as required;
* To support the client to use the Wellbeing Star to monitor wellbeing;
* To complete relevant paperwork and keep necessary

records;* To attend training sessions and Mentor Peer Support meetings as required;
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| **Expenses covered:** | Reasonable expenses covered |
| **Skills and experience needed:** | To be considered as a Peer Mentor, candidates need to have had their own experience overcoming difficulties withtheir mental health, be stable and sufficiently well managed in-order to support others consistently and reliably. We will also consider applicants who haveconsiderable experience of supporting others with mental health challenges either in a personal or professionalcapacity.Mentors are required to have sufficient IT skills to be able to use the internet, email and complete simple sessional feedback online.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:* To be non-judgmental
* To be able to work in a non-discriminatory way
* To challenge stigma and discrimination where appropriate
* To be able to motivate others
* To have good communication skills, verbal and written
* To work on own initiative
* To be risk aware
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| **Other requirements/expectations:** | * Age 18 or over
* Complete application form in full
* Attend a short informal interview for selection
* Satisfactory DBS clearance
* Two satisfactory references
* Successfully complete Mind BLMK Induction Training
* Successfully complete SOVA, Equality and Cultural
* Competence and Moving and Handling Principles training
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**Volunteer Application Form**

**Private and Confidential**

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| **Opportunity interested in:** Volunteer Mentor |
| Please complete all pages of this form as well as the Equal Opportunities and Disability Monitoring Form. |
| **Personal information**  |
| **Name:** |  |
| **Address:** |  |
| **Tel no:** |  |
| **Mobile no:** |  |
| **Please note**: Email will be used as the main means of communication and by supplying an email address, it will be accepted as agreement by you to receive communication electronically. |
| **Email address:** |  |

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| **Emergency contact details**  |
| **Name:** |  |
| **Relationship to you:** |  |
| **Contact no:** |  |
| **Health needs:** |  |

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| **References** |
| Please provide the name and contact details of two people who could act as referees. Neither should be related to you and one should be a previous employer or other professional person if possible.**Please note:** Email will be used as the main means of communication and if supplying an email address for a referee, it will be used to request a reference electronically. |
| **Referee 1:** | **Referee 2:** |
| Name:Address:Post code:Email: |  | Name:Address:Post code:Email: |  |
| Relationship of referee to you: | Relationship of referee to you: |
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| **SKILLS AND EXPERIENCE (To support your application, please use this space to tell us how you meet the requirements for this volunteering opportunity as detailed in the advert)** |
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| **Entitlement to volunteer** |
| **Volunteering for Mind BLMK is subject to satisfactory Disclosure and Barring Service (DBS) clearance – this check was previously called a CRB clearance. Mind BLMK will process an enhanced DBS check for you to include regulated activities with adults as well as children. Because of the nature of the work of volunteers in the organisation, the posts are exempt under the Rehabilitation of Offenders Act 1974 and you are required to reveal all convictions, including those that are spent.**Have you ever been convicted of a criminal offence? Yes No Have you any pending criminal charges? Yes  No If yes to either of the above, please give details on a separate sheet. This information will be treated in the strictest confidence.(*Convictions will not necessarily prevent you being offered a volunteering role*) |
| Are you entitled to volunteer in the UK? Yes  No Please provide a copy of the necessary documentation to support your right to volunteer in the UK. |
| **Data Protection** |
| Information provided by you in this application process will be kept for the purposes of monitoring and will be copied for use during the recruitment process. Once the recruitment process is completed, the data will be stored for a maximum of 6 months and then destroyed. If you are the successful candidate, relevant information will be taken from application papers and used as part of your volunteer record. |

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| **Declaration**  |
| **I confirm that the information on this form and in any attachments in respect of this application is correct. I understand that false or misleading information or failure to disclose a conviction as defined above, may lead to the withdrawal of a volunteering offer. I also understand that the information may be entered on a computer and, under the terms of the General Data Protection Regulations (GDPR), will be treated in a secure and confidential manner.**I understand and agree to the need for confidentiality in all aspects of my role as a Mind BLMK volunteer.I understand and agree to a period of probation as part of my induction to becoming a volunteer with Mind BLMK.Signed: Date:**Please note:** By submitting applications electronically you confirm that information supplied is correct. You will be asked to sign and date a printed copy of your application if offered a volunteering role. |
| Under GDPR (General Data Protection Regulations 2018) you have specific rights including giving consent for the collection and processing of your personal data (see our Privacy Policy at www.mind-blmk.org.uk). Please indicate below whether you give consent for us to collect, record and process the personal data you have provided for the purposes of recruitment, selection and appointment. * I give my consent
* I wish to find out more information or to check what personal data is being collected and processed before giving my consent

**Signed:****Date:**   |

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| **Additional Information**  |
| The offer of a volunteering opportunity is subject to passing a short informal interview to establish suitability in line with the needs of the organisation, the receipt of acceptable references and a satisfactory DBS clearance. |
| **Submitting Applications**  |
| To return your application please email this form as well as the completed Equal Opportunities and Disability Monitoring Form to: **mentoring@mind-blmk.org.uk** **or post to Lisa Steggles, Mind BLMK, The Rufus Centre, Steppingly Road, Flitwick, MK45 1AH** |

**Equal Opportunities and Disability Monitoring**

We aim to provide equal opportunities and fair treatment for everyone. We would like you to complete this form to help us understand who we are reaching and to better serve our communities. All details will be treated as confidential and are held in accordance with the Data Protection legislation

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| **Name:** |
| **Age group** | **Gender** | **Sexual orientation:** | **Religion/Faith:** |
| r 17 or underr 18-29 r 30-39 r 40-49 r 50-59 r 60-69 r 70 & over r Prefer not to say  | r Female (inc’ Transgender woman) r Male (inc’ Transgender man) r Non Binaryr Prefer not to say Is the gender you currently identify with the same as the gender you were registered with at birth?r *Yes* r *No* | r Bisexual r Gay man r Heterosexual r Lesbian r Other *Please specify:*r Prefer not to say  | r Buddhist r Christian (any denomination) r Hindu r Jewish r Muslim r Sikh r No religion/faith r Other *Please specify:*r Prefer not to say  |
| **Disability** | **Ethnicity** |
| **Are your day-to-day activities limited because of a health problem or disability which has lasted or is expected to last for at least 12 months?**r No r Yes, limited a lot r Yes, limited a little r Prefer not to say *If yes, please specify briefly:*  | r **White** English/Welsh/Scottish/Northern Irish/British r **White** Gypsy or Irish Traveller r **White** Irish r \*Any other white background r **Mixed** White and Black African r **Mixed** White and Asian r **Mixed** White and Black Caribbean r \*Any other mixed background r **Asian**/Asian British Bangladeshi r **Asian**/Asian British Chinese r **Asian**/Asian British Indian r **Asian** /Asian British Pakistani r \*Any other Asian background r **Black**/Black British African r **Black**/Black British Caribbean r \*Any other black background r **Other** Ethnicity *Please specify:*r Prefer not to say  |

**Thank you for completing this form**